



The Formentera Island Council's Office of Sport has organised an initiative to bring the fitness programmes on offer at the Antoni Blanc Sport Centre to the island's doorstep: an open-house event scheduled every trimester during the autumn and winter months in Formentera.

Sunday, 27 October was chosen as the day to kick off the series, and the day will be replete with different opportunities to encourage discovery by the local population of all the fitness activities the sport centre has to offer. Monitored group activities will be the main fare for the morning programme, in addition to fun games in the pool for children and adults. What's more, the day of the open-house the little pool will be reserved especially for families with babies. The work-out centre will also be open for those wishing to try out the centre's fitness equipment.

The idea for the autumn/winter open-houses came about following the success of the Antoni Blanc centre's first anniversary celebration. Last year's event was also held on a Sunday and was a runaway success among local residents.

Monitored activities like G.A.C. (gluts, abs and buns [cul]), Boxtube, Step, Lift-training, Gym-ball toning, aerobics and abs will all be offered, as well as a list of other activities that are held at the swimming pool, thus making use of the two centres' shared access.

The centre, which will celebrate two years of operation in February, has enjoyed an extremely positive reception. This is clear in the thousand-plus registrations that have already been logged, in addition to more than 400 individuals registered through sports clubs that regularly use the facilities for training. In particular, one very successful part of the Antoni Blanc programme are its 'multi-activity' memberships, which allow sport centre users the possibility to participate in both monitored activities and use of the swimming pool. Other combinations are also possible. Another popular option is the voucher programme, which provides members with a limited number of entry vouchers to be used over an extended period of time. The 10 entry pack for free swim at the pool is the most requested.

This new facility has represented a qualitative change in the offering of sports on the island and

has contributed to improving the quality of life of Formentera's local population. The promotion of sport and of the values it represents for our society is one of the priorities of the Formentera Council, and thus the Office of Sports will continue working to improve the local sports offering here on Formentera.

Open-houses:

Sunday, 27 October;

Sunday, 6 January;

Sunday, 6 April.