

## Fitness Equipment on the Fairground

**Proposal:** To install a group of fitness machines on the Fairground

**Details:** Adult gym/fitness equipment was suggested by a number of NDP respondents; various national and West Berkshire reports identify the need for local facilities to keep the community active in daily life, across all ages. Although we have a wide variety of sports facilities at The Willink Leisure Centre in Burghfield, a more locally available free gym area would benefit all residents as well as those who do not have the ability to get to Burghfield, cannot afford gym membership and teenagers for whom there are limited community resources available. Furthermore, as well as helping parishioners to keep physically fit, there is also a strong positive link between taking exercise and mental wellbeing.

The equipment being considered includes up to 8 pieces such as the following:

- Skier
- Chest press
- Surfer
- Rower
- Leg press
- Space walker
- Pull down Exerciser
- Horseback rider



It is envisaged that the equipment would be grouped together, enabling users to quickly move from one piece of equipment to the next; in total would take up an area of approximately 12m x 8m. It is thought that the ideal position for the fitness equipment will be to the west of the tennis courts in front of the play equipment.

Feedback from Tadley Town Council, which has a similar set up to that proposed here, is that this has been hugely successful amongst all generations and works well for dog walkers, parents, children or anybody using the space; the equipment has proved robust and not prone to vandalism. There are a couple of personal fitness trainers that use The Fairground as their base for their classes; these could be used as part of their training schedules.

**Costs:** The cost of the equipment with installation would be about £23,000. The likely average annual cost for maintenance is £1,150 which would mean the following increase in council tax for a home in each property band:-

Band A	0.46p	Band E	0.83p
Band B	0.53p	Band F	0.98p
Band C	0.61p	Band G	£1.15
Band D	0.68p	Band H	£1.35

**Your Views:** Any views you give are important but we would particularly like to know:-

- Is it a good idea to provide adult fitness equipment on the Fairground?
- Would you use such equipment?
- Are the ongoing maintenance costs reasonable?

