

# Stourbridge NEWS

## **New sports centre goes interactive**

USERS of a new sports centre in Worcester will benefit from state-of-the-art technology.

The new St John's Sport Centre, on Malvern Road, being built as part of the substantial Sainsbury's development, will boast innovative, interactive dance mats that are being hailed as the latest exercise craze to sweep the UK.

Aimed at both children and adults, the ZigZag Xer-Dance encourages users to enjoy physical activity, providing a full body workout whilst satisfying the modern public's love of gaming technology.

There will be 20 of the wireless arcade-style dance platforms at the St John's centre, due to open in August.

"Zig Zags dance mats have really captured the minds and bodies of the video game generation," said Alan New, recreation business manager at Worcester City Council.

"They are a genuine breakthrough in getting kids active and we are really looking forward to introducing them to Worcester."

As well as high-tech dance mats, the centre will have three 8ft by 4ft XerTrainer panels.

Similarly interactive, these combine computer game technology with cardio-vascular exercise. They also help to develop ball tracking skills and hand-eye co-ordination.

"The use of a XerTrainer has been proven to improve skills in a variety of sports including netball - passing, shooting, running and teamwork - and cricket - for batting, bowling and increasing attention span and concentration under the pressure of a clock and a scoreboard," said Mr New.

"In a society where low levels of physical activity can become a major public health problem, we are hoping that the availability of the county's first dance system and XerTrainer will buck the trend of one in five school children being overweight."

The new-look leisure centre will include a fitness suite split over two floors; an air conditioned dance studio; and a multi-purpose room which could be used as a creche or for children's parties.

Outside there will be two floodlit five-a-side football pitches.