Media Release

Inspirational Serco exercise instructor wins top UK accolade

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Rebecca (“Bec”) Older - a Serco employee who works as a Group Exercise Instructor in Kent - has fought off competition from almost 10,000 entrants to be named Les Mills’ UK Instructor of the Year for showing inspirational commitment to her fitness classes while fighting breast cancer.

The Awards recognise and reward the passion and talent of Les Mills’ group exercise instructors from across the UK. Les Mills is the world's largest provider of choreographed exercise to music group fitness classes. Bec teaches a range of their classes - including Bodycombat, RPM and high intensity class, GRIT - at Maidstone and Swallows leisure centres, which are managed by Serco.

Bec was nominated by her manager, Donna Kavanagh and many of her class participants for her enthusiasm, passion, determination and commitment to her classes, especially while undergoing treatment for breast cancer. After her initial diagnosis, Bec decided she wanted to continue running her exercise classes and be able to share her journey with others.

Bec – now in remission – learned of her success when was paid a surprise visit by two Les Mills’ representatives while finishing a RPM class at Maidstone Leisure Centre last month. Les Mills Master Trainer, Dave Kyle and Les Mills UK Instructor Experience Director, Jean-ann Marnoch presented Bec with her award and prizes which included tickets to global fitness event, ONE LIVE where she will have a spot as a shadow presenter, as well as Reebok goodies and a fantastic trip to New Zealand.

Bec commented: “I can’t believe it! I wouldn’t be standing here without the support and commitment of all of my participants who turn up to every class. I’d like to thank everyone who voted for me; Les Mills for choosing me and providing fantastic classes; and my manager - and friend - Donna for her support throughout.”

Serco’s Donna Kavanagh, Kent Health Fitness & Sales Manager, added: “The whole team are really proud of Bec – she’s a real inspiration. Bec not only provides excellent motivation for her class participants, but also does a lot of work for charity in Kent, including providing warm-ups for many charity exercise events. Even after being diagnosed with breast cancer herself and undergoing treatment she continued to run quality classes and share her story helping inspire participants at her classes and at local Cancer Research races.”

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For more information and/or to speak to Bec, please contact:
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Notes to editors

1. Serco provides a comprehensive and high quality range of leisure solutions and services to Community Leisure Trusts, Local Authorities, Government Departments and Universities across the UK. The company currently manages 70 leisure facilities across the country, through a full or part repairing lease, This includes contracts with; Mansfield, Bolton, Birmingham, Harborough, Maidstone, South Northamptonshire, South Ribble, Swale, Tenterton, Eastbourne, Basingstoke & Deane, States of Jersey, Meopham, West Lancashire, Shropshire, and North Down Borough Council. Serco also runs a wide range of high profile external facilities, some of which offer golf and water based activities. These include National Sports Centres - Bisham Abbey, Lilleshall on behalf of Sport England and the Holme Pierrepont Country Park, home of the National Water Sports Centre, Nottingham, and Bangor Aurora Aquatic & Leisure Complex in Northern Ireland.

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