



WESTONBIRT
— LEISURE —

April 2016

The traditional new year rush appears to have once again come to an end in March, with the Fitness Suite noticeably quieter in the evenings, especially during the regular peak session time of 5.00pm to 6.30pm. Many gym users are now making great use of the Functional Training Zone as part of their fitness programme and it is great to see the interaction between the members and Leisure staff with the new challenges being devised both in the gym and pool.

Friday evening will see a regular timetable change to the Open Swim session which will now close at 8:30pm. This is to enable the Sports Centre staff to effectively clean the changing rooms and poolside with the use of a disinfectant and a new scrubber-dryer.

Westonbirt Triathlon

There is still plenty of time for members to enter and train for the forthcoming Westonbirt Triathlon. The event is extremely popular and this years event will be limited to 500 places. Held on Bank Holiday Monday 30th May, the event has fast become the “must do” sprint Triathlon event in the South West.

For full details of how you can enter please visit; www.dbmax.co.uk. On-line entry price is £43.50. The event includes a 400m swim, 24k bike ride and 5k run and will be supported with plenty of refreshment stands, Triathlon retail stalls and the provision of a physiotherapy and massage stand for your post race recovery. Spectators and children are welcome to attend.

Wednesday 6th April Closure 8am - 4pm

We regret to inform you that due to a scheduled electrical power shut down on Wednesday 6th April the Sports Centre will be closed between the hours of 08:00am - 4:00pm. Southern Electric will be undertaking some maintenance repairs across the Westonbirt site.



Be Precision Fit - New Personal Trainers



Bryony Alley-Kent is a fully qualified gym and swimming instructor with plenty of experience and has recently passed her Personal Training qualification. Bryony can help incorporate new ideas to your current sessions both in the pool and gym. She believes regularly changing your workouts can prevent hitting a plateau, boredom and can help stimulate muscle growth, which leads to an increase in metabolism, therefore aiding fat loss. Bryony has worked within the centre for the past 5 years and has built up a great relationship with the members and centre users. She has a particular passion for resistance training and believes everybody can benefit from incorporating this into their workouts regardless of age or gender.

07730770211, bryonybeprecisionfit@gmail.com.

Josh Hoare has begun working alongside Mike Alley and ‘Be Precision Fit’ after gaining his PT qualification in March. Josh is extremely friendly and approachable and has been training within the facility on a regular basis over the past 4 years, with a particular passion for Functional Training. As well as his experience and knowledge in the Fitness Suite, Josh can introduce Kettlebell training and help to reinvigorate workouts to achieve results.
07780437500, joshbeprecisionfit@gmail.com.

Both Bryony and Josh are offering **2 free sessions to all new and existing members** consisting of a thorough consultation followed with an health and fitness assessment. Details can be found on the reception desk.

Telephone: 01666 881404 **Email:** sportscentre@westonbirtleisure.com **Web:** westonbirtleisure.com

April 2016	Swimming Pool		Fitness Suite & Function Zone	Court Sports	Classes
	4 Lanes during early mornings. Lanes / Open = 2 lanes, Half open. Open Swim = Recreational Swimming.		Available to members aged 16 years and over who have successfully completed an induction with a member of WLL staff.	Free to members £7.50 per court for non members. Please call to book a court.	Available for members aged 16 years + over. £1.00 for members, £5.00 for guests.
Saturdays	8.00am - 9.00am 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm	Golf Course available Just £10.00 for 18 holes of golf. All day, every day.
Sundays	8.00am - 9.00am 9.00am - 10.00am 10.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	Triathlon Club 4 Lanes Family Fun Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 11.00am - 4.30pm	
Monday 4th	7.00am - 9.00am 9.00am - 10.00am 11.00am - 12.00pm 12.00pm - 2.00pm 4.30pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes / Open Open Swim	7.00am - 9.30pm	<u>Badminton</u> 11.00am - 1.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday 5th	7.00am - 9.00am 9.00am - 10.00am 11.00am - 12.00pm 12.00pm - 2.00pm 4.30pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes / Open Open Swim	7.00am - 9.30pm <i>Function Zone closed 9.15am - 10.00am</i>	<u>Badminton</u> 12.30pm - 1.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday *** 6th Closure 8.00am - 4.00pm	6.30am - 8.00am 9.00pm - 10.00pm	4 Lanes Open Swim	6.30am - 8.00am & 4.00pm - 10.00pm <i>Function Zone closed 8.00am - 4.00pm</i>	No Badminton Available	<u>Sculpt & Tone</u> 10.30am - 11.15am *Moved to Thursday*
Thursday 7th	6.30am - 9.00am 9.00am - 10.00am 11.00am - 12.00pm 12.00pm - 2.00pm 4.30pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes / Open Open Swim	6.30am - 9.30pm	<u>Badminton</u> 12.45pm - 1.45pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 1st & 8th	7.00am - 9.00am 9.00am - 10.00am 11.00am - 12.00pm 12.00pm - 2.00pm 4.30pm - 8.30pm	4 Lanes Open Swim Open Swim Lanes / Open Open Swim	7.00am - 9.30pm	<u>Badminton</u> 11.30pm - 12.30pm	<u>Power Boost</u> 9.15am - 10.00am
Monday 11th to Friday 29th April					
Monday	7.00am - 9.00am 11.00am - 12.00pm 12.00pm - 1.30pm 6.15pm - 9.30pm	4 Lanes Open Swim Lanes/Open Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 11.00am - 1.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 12.20pm - 1.30pm 6.30pm - 9.30pm	4 Lanes Lanes/Open Open Swim	7.00am - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed 9.00am - 9.45am & 3.00pm - 4.30pm</i>	<u>Badminton</u> 12.30pm - 1.30pm	<u>Stretch & Tone</u> 9.00am - 9.45am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday	6.30am - 7.15am 8.15am - 9.00am 9.00am - 9.30am 1.00pm - 3.00pm 9.00pm - 10.00pm	4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim	6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 12.30pm - 1.30pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 7.15am 8.00am - 9.00am 9.00am - 10.00am 12.00pm - 1.25pm 6.00pm - 7.30pm 8.30pm - 9.30pm	4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim Open Swim	6.30am - 9.30pm	<u>Badminton</u> 12.45pm - 1.45pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 11.30am - 12.30pm 12.30pm - 1.15pm 4.30pm - 8.30pm	4 Lanes Open Swim Lanes/Open Lanes/Open	7.00am - 9.30pm <i>Function Zone closed 3.00pm - 4.30pm</i>	<u>Badminton</u> 11.30pm - 12.30pm	<u>Power Boost</u> 9.15am - 10.00am