



WESTONBIRT  
— LEISURE —



## December

With the festive season fast approaching, all of the staff at Westonbirt Leisure would like to wish our members and their loved ones a very Merry Christmas and a Happy New Year.

Adverse weather conditions are not uncommon this time of year and your journey may become restricted, especially in the remote areas of Westonbirt and surrounding villages and towns. Please check the website, Facebook and Twitter for updates on opening times throughout the festive period before making your journey.

[www.westonbirtleisure.com](http://www.westonbirtleisure.com)

Facebook: [Westonbirt Leisure](#)

Twitter: [WBsportscentre](#)

## Open Day - Monday 2nd January 2017

Westonbirt Leisure will be opening its doors to **EVERYONE** on Monday 2nd January. Anyone can pop along and experience what we have to offer and take a look at the facilities. Family entertainment will be provided with an Inflatable Bungee Run, Penalty Shoot out and Electric Wire in the Sports Hall, SwimFit training sessions, Family Fun and Open sessions in the Pool, Personal Training sessions and 10 minute class tasters in the Fitness Suite.

Complimentary refreshments will be available upon arrival and throughout the duration of the day and all non-members will receive a **Complimentary Month's Membership**.

## Monthly Members Challenge Results



Throughout October the members tried to mimic a training drill devised for the Lifeguards here at the Sports Centre. It was a test of lung capacity and leg strength.



The challenge was to push a brick along the bottom of the pool floor with both hands in contact and kicking with your legs. A couple of members beat the time set by Luke. John Monaghan achieving 26.25 and Hugh Pearson achieving 29.5 seconds.

The gym challenge was created to encourage members to use the new Stair Master and climb 30 floors of Big Ben. It was a tough one on the legs and a lot of stamina was required to complete the task.

Matthew Herbert fell short of Luke's time by just 1 second.



## Bryony's Blog



It's that festive time of year again where all the treats and goodies come out throughout the Christmas period. It may seem you're tempted more than ever to overindulge and before you know it, it's the New Year and you're looking to lose the extra weight gained. Here are my tips in order for you to stay on track this Christmas and avoid the New Year guilt.

- Eat less yet more often – Avoid skipping meals and snacking. Snacking won't fill you up and instead will lead you to overindulge with empty calories. Eat smaller, regular meals rather than 2 big meals.
- Drink with moderation – Juices, fizzing drinks and alcohol will only add on those extra calories to ones you've already eaten. Drink water in between alcoholic drinks to avoid dehydration. The more hydrated we are the fuller you'll feel and the less calories you'll want.
- Stay active – Try and stick to your regular fitness routine. If you can't make it to the gym, go for a walk instead or try a HIIT workout at home it will only take you 15 minutes!
- Eat treats you like – Avoid saying yes to everything and instead only say yes to treats you really like and rarely enjoy. After all it is – a treat!
- Get outdoors – Go for run, a long walk or try something different like ice skating. Exercising outside increases the feel good chemical – serotonin, meaning not only are you keeping yourself fit and healthy, you're getting a mood boost too.

Eat, drink and be merry – in moderation. Keep training consistent but relax a little, after all it's Christmas!

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December 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 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	
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> 12.00am - 4.30pm	BPF Circuits 10.00 - 11.00
Monday	7.00am - 9.00am 11.00am - 12.00pm 12.00pm - 2.00pm 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> 12.45pm - 1.45pm	Boxercise 6.30 - 7.15
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 3.00pm - 4.30pm</i>	<u>Badminton</u> 12.45pm - 1.45pm	Stretch & Tone 9.15 - 10.00 Fit Step 10.15 - 11.00 Trixter 5.30 - 7.15 Zumba 6.15 - 7.15
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> 12.45pm - 1.45pm	Sculpt & Tone 10.30 - 11.15
Thursday	6.30am - 7.15am 8.15am - 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	Circuit Training 6.30 - 7.15
Friday	7.00am - 9.00am 11.30am - 12.30pm 12.30pm - 1.15pm 4.30pm - 8.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm  <i>Function Zone closed 3.00pm - 4.30pm</i>	<u>Badminton</u> Not Available	Power Boost 9.15 - 10.00
Monday 19th	7.00am - 9.00am 9.00am - 10.00pm 11.00am - 12.00pm 12.00pm - 2.00pm 5.00pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes/Open Open Swim	7.00am - 9.30pm  <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 10.00am - 5.00pm	Boxercise 6.30 - 7.15
Tuesday 20th	7.00am - 9.00am 9.00am - 10.00pm 11.00am - 12.00pm 12.00pm - 2.00pm 5.00pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes/Open Open Swim	7.00am - 9.30pm	<u>Badminton</u> 11.00am - 5.00pm	Stretch & Tone 9.15 - 10.00 Fit Step 10.15 - 11.00 Trixter 5.30 - 7.15 Zumba 6.15 - 7.15
Wednesday 21st	6.30am - 9.00am 9.00am - 10.00pm 11.00am - 12.00pm 12.00pm - 2.00pm 9.00pm - 10.00pm	4 Lanes Open Swim Open Swim Lanes/Open Open Swim	6.30am - 10.00pm  <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 10.00am - 5.00pm	Sculpt & Tone 10.30 - 11.15
Thursday 22nd	6.30am - 9.00am 9.00am - 10.00pm 11.00am - 12.00pm 12.00pm - 2.00pm 5.00pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes/Open Open Swim	6.30am - 9.30pm	<u>Badminton</u> 1.00am - 5.00pm	Circuit Training 6.30 - 7.15
Friday 23rd	7.00am - 9.00am 9.00am - 10.00pm 11.00am - 12.00pm 12.00pm - 2.00pm 5.00pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes/Open Open Swim	7.00am - 9.30pm	<u>Badminton</u> 10.00am - 5.00pm	Power Boost 9.15 - 10.00
24th - 26th Closed for Christmas Holiday / 31st - 1st Closed for New Year					
27th - 30th	10.00am - 11.00am 11.00am - 12.30pm 1.30pm - 2.30pm 2.30pm - 4.00pm	4 Lanes Open Swim Lanes/Open Open Swim	10.00am - 4.00pm	<u>Badminton</u> 10.30am - 3.30pm	No Classes