



WESTONBIRT
— LEISURE —



December 2014

As the festive season is now upon us it is important to maintain stamina levels, especially if you plan on visiting any local Christmas Markets which can provide a unique workout as you stretch for gifts, dive out of the way of pushchairs and walk to areas of town you never knew existed.!

With improvements to the Function Zone almost complete, plans for the future include the addition of new Gym equipment, members refreshment zone, improved lighting in Wet Changing Rooms with installation of LED lighting and 24 new light units to be installed in the Sports Hall.

We would like to thank all our members for their custom this year and hope that we continue to welcome you in 2015.

Aerobic Classes

The timetable for Aerobic classes will be *slightly* revised in January 2015 to accommodate the arrival of new resistance and functional training equipment.

Some of the Aerobic classes will relocate to the Sports Hall, others to a room in the building opposite the Sports Centre.

The timings of some classes may change a little, although there are no plans that any classes will come to an end.

Unfortunately we know that it will be impossible to ensure everyone is happy with these changes, however strength and condition training is proving increasingly popular at Westonbirt Sports Centre and requires a positive reaction.

We will continue to work with members to identify the perfect class timetable!

We are pleased that the reintroduction of ViPR has proved very popular with members and we are looking into whether a new class can be added early in the New Year.

Membership Offer

Please look out for a way to make yourself some easy money in the New Year.

We will be distributing some "fun money" in the Gym and changing rooms which can be exchanged for the cash equivalent upon recommendation of a new member who commits to a subscription.

Rewards will range from £20.00 to £50.00!

Christmas Guests

We would like to remind all members that Guest swim's are £5.00 for adults and £2.50 for children.

If you have a large number of family and friends in attendance for Christmas, please call in advance to see if we can accommodate everyone, the regular limit of guests is 2 per member.

To help with entertaining guests over the festive period, guests are welcome to attend for free on Christmas Eve and Sunday 28th December

Westonbirt Triathlon Club

Training, in advance of the launch of the new Westonbirt Triathlon club, will commence for prospective members on Sunday 4th January at 5.00pm.

The first month will be spent in the Swimming Pool concentrating on technique, stamina and speed.

The training at a supplementary cost of £5.00 per participant, with expert coaching, will be provided by Neil Scholes from Kinetic Revolution.

Westonbirt Weddings

Westonbirt House have a few select days remaining in 2015, including Saturday dates in May & October and are able to offer some very good value last minute deals.

Catering from 60 up to 140, the House offers a choice of four unique Dining rooms, with additional space available for the provision of entertainment and dance should it be required.

To discuss your requirements in further details please contact Kay Wood in our events department;

Email: kay@westonbirtevents.com

Telephone: 01666 881338

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

December 2014	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	All session times are labelled clearly. When 2 Lanes are provided, the other half of the pool is available as an Open Swim.	Available for members aged 16 years and over who have completed an induction.	Available for members aged 16 years and over who have completed an induction.	Free to members & their guests. £7.50 per court for non members. Please call to book a court.	Available for members aged 16 years and over. £1.00 for members, £5.00 for guests.
Saturdays <small>*Saturday 13th Swimming Pool closed between 1.30pm & 2.30pm</small>	9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm 2 Lanes* 2.30pm - 4.00pm Open 4.00pm - 5.00pm 2 Lanes	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 2.30pm to 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	Golf Course available Just £10.00 for 18 holes of golf. All day, every day!
Sundays	9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm 2 Lanes 2.30pm - 4.00pm Open 4.00pm - 5.00pm 2 Lanes	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 11.00am - 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	
Monday	7.00am - 9.15am 4 Lanes 12.00pm - 2.00pm 2 Lanes 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30am & 12.30pm - 6.30pm	<u>Table Tennis</u> 10.00am - 9.00pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 12.15pm - 1.30pm 2 Lanes 6.30pm - 9.30pm Open	7.00am - 3.00pm & 4.30pm - 9.30pm	7.00am - 8.45am & 10.00am - 3.00pm & 4.30pm - 6.30pm & 7.30pm - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch & Tone</u> 9.00am - 9.45am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 1.00pm - 2.00pm 2 Lanes 2.00pm - 2.45pm Open 9.00pm - 10.00pm Open	7.00am - 10.00pm	7.00am - 10.00am & 11.30am - 4.30pm & 5.30pm - 10.00pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 7.15am 4 Lanes 8.00am - 9.00am 4 Lanes 9.00am - 11.00am Open 12.30pm - 1.25pm 2 Lanes 6.00pm - 7.30pm Open 8.30pm - 9.30pm Open	6.30am - 9.30pm	6.30am - 9.00am & 10.00am - 1.00pm & 2.30pm - 4.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Fit Step</u> 12.15pm - 1.00pm <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 4 Lanes 10.00am - 10.45am Open 10.45am - 11.45am 2 Lanes 6.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.15am <u>Swimfit</u> 10.00am - 10.45am
Monday 22nd	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 2.00pm 2 Lanes 4.00pm - 9.30pm Open	7.00am - 9.30pm	7.30am - 6.00pm & 7.30pm - 9.30pm	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday 23rd	7.00am - 9.00am 4 Lanes 12.00pm - 2.00pm 2 Lanes 4.00pm - 9.30pm Open	7.00am - 10.00pm	7.30am - 9.30pm	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Stretch & Tone</u> 9.00am - 9.45am <u>Trixter</u> 6.30pm - 7.15pm
Christmas Eve	7.00am - 9.00am 4 Lanes 9.00am - 2.00pm Open	7.00am - 2.00pm	7.00am - 2.00pm	<u>Badminton</u> 10.00am - 2.00pm <u>Table Tennis</u> 10.00am - 2.00pm	No Class
25th - 27th Closed for Christmas Holiday					
28th - 31st	10.00am - 11.00am 4 Lanes 11.00am - 12.30pm Open 1.30pm - 2.30pm 4 Lanes 2.30pm - 4.30pm Open	10.00am - 4.30pm	10.00am - 4.30pm	<u>Badminton</u> 10.00am - 2.00pm <u>Table Tennis</u> 10.00am - 4.00pm	Golf Course Open 8.00am - 4.00pm