



WESTONBIRT
— LEISURE —

February 2016

This month we have revised our monthly timetable to incorporate the Fitness Suite and Function Zone into one column. Many members are now using both areas during their visits so it is hoped this slight change may make understanding our timetable a little easier.

The cold and wet weather of recent weeks, combined with increased use of salt and chemicals to combat the risk from ice, has caused some floors in the Sports Centre to become very dirty at times. We have invested in a new mobile cleaning machine which scrubs and dries floors, targeting in particular the corridors and Sports Hall. We thank you for your understanding if you are disrupted in any way.

Cotswold Boot Camps

'Cotswold fit for you' offer morning and whole day boot camps for individuals who wish to improve fitness levels within a social and enjoyable environment.

Whilst we all know there is no quick fix for fitness, these camps offer a structured environment to kick start a new you or the opportunity to add a weekend training session to your existing program.

Weekly sessions are available at the Sports Centre on Sunday mornings, 10.00am - 12.00pm.

What else is there to do on a Sunday? A long lie in and a calorific breakfast, or an opportunity to exercise in the presence of professional instructors, providing motivation and great advice.

£15.00 per session or £100 for 10 sessions if booked in advanced.

These sessions are designed for anyone who enjoys a variety of exercises. Running drills, body weight circuits, boxing and function training are just a part of what's on offer.

They are suitable for all levels of fitness to ensure everyone challenges their own ability.

In addition to weekly Sunday morning sessions, regular monthly fitness camps are for anyone who wants to shape up quickly for a special occasion or kick start a weight loss or training programme. Once again the fit camps are suited for all levels of fitness and will provide a motivation for change across all ages and abilities.

Water Rower / FT Zone

After the very successful trial of the Water Rowers over the Christmas period, in the Fitness Suite we are pleased to announce that we have invested in the permanent addition of one machine, with consideration given to further purchasers if you can prove you use it frequently!!

The rower enables each user to experience a workout that is realistic to the challenges experienced on open water. As you exert an increased pull on the handle, the resistance of the water increases in proportion.

Consideration was given to the replacement of the concept two rowers, however they continue to operate efficiently and Luke has updated the software to provide a few new challenges.

In the Function zone a new Punch Bag / TRX Station has been added to provide increased access to this equipment, in accordance with greater use of the Zone during January.

Social Media Benefits



Westonbirt Leisure are now promoting services and communicating regularly through the use of social media.

Exclusive special offers and discounts will be advertised through these formats so please do join us soon. They will also be used in the event of any snow!



Regular updates include facility opening times, images and fitness videos to improve the user experience. Please like our Facebook page 'Westonbirt Sports Centre' and follow us on Twitter '@WBsportscentre'.

February 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 4 Lanes 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	Golf Course available
Sundays <i>** 14th Feb Pool closed between 1.00pm - 3.00pm</i>	8.00am - 9.00am Tri Club 9.00am - 10.00am 4 Lanes 10.00am - 12.00pm Family Fun 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	<u>Badminton</u> 11.00am - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	Just £10.00 for 18 holes of golf. All day, every day.

Monday	7.00am - 9.15am 4 Lanes 11.00am - 12.00pm Open Swim 12.00pm - 1.30pm Lanes / Open 6.15pm - 9.30pm Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 4 Lanes 12.20pm - 1.30pm Lanes / Open 6.30pm - 9.30pm Open Swim	7.00am - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed 9.15am - 10.00am & 3.00pm - 4.30pm</i>	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday	6.30am - 7.15am 4 Lanes 8.15am - 9.00am 4 Lanes 9.00am - 9.30am Open Swim 1.00pm - 3.00pm Lanes / Open 9.00pm - 10.00pm Open Swim	6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 12.30pm - 1.30pm <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 - 10.00am Open Swim 12.00pm - 1.25pm Lanes / Open 6.00pm - 7.30pm Open Swim 8.30pm - 9.30pm Open Swim	6.30am - 9.30pm	<u>Badminton</u> 12.45pm - 1.45pm <u>Table Tennis</u> 8.00am - 4.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 4 Lanes 11.30am - 12.30pm Open Swim 12.30pm - 1.15pm Lanes/Open 4.30pm - 9.30pm Lanes/Open	7.00am - 9.30pm <i>Function Zone closed 3.00pm - 4.30pm</i>	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am

Monday 15th to Friday 19th February - Half Term School Holiday

Monday 15th	7.00am - 9.00am 4 Lanes 9.00am - 10.00pm Open Swim 11.00am - 12.00pm Open Swim 12.00pm - 1.30pm Lanes/Open 5.30pm - 9.30pm Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday 16th	7.00am - 9.00am 4 Lanes 12.20pm - 1.30pm Lanes/Open 5.30pm - 9.30pm Open Swim	7.00am - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed 9.00am - 9.45am</i>	<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> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday 17th	6.30am - 9.00am 4 Lanes 9.00am - 10.00am Open Swim 1.00pm - 3.00pm Lanes/Open 9.00pm - 10.00pm Open Swim	6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday 18th	6.30am - 9.00am 4 Lanes 9.00am - 10.00am Open Swim 12.30pm - 2.00pm Lanes/Open 5.30pm - 9.30pm Open Swim	6.30am - 9.30pm	<u>Badminton</u> 10.00am - 2.00pm <u>Table Tennis</u> 10.00am - 2.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 19th	7.00am - 9.00am 4 Lanes 9.00am - 10.00pm Open Swim 11.00am - 2.15pm Lanes/Open 5.30pm - 9.30pm Open Swim	7.00am - 9.30pm	<u>Badminton</u> 10.00am - 2.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Power Hour</u> 9.15am - 10.00am