



WESTONBIRT  
— LEISURE —

## January 2017

We hope you have all enjoyed some time with family and friends over the past couple of weeks and are ready to return back to your fitness routines. The beginning of the year will inevitably see new members in the Pool, Fitness Suite and attending the classes, perhaps this could be a catalyst for you to explore alternative training methods? If you are finding that you are becoming complacent with your workouts either in the Swimming Pool or Fitness Suite, please ask advice from a member of staff. We would be more than happy to help remotivate you.

After 8 years of loyal service to Westonbirt Sports Centre and Westonbirt Leisure, Tom Redpath has taken on a new challenge and career. His conversations, charm and scruffy hair will be missed, by not only the members but by all Westonbirt staff as well. We wish him well in his new venture in IT sales and I'm sure we will see him returning to the centre soon to keep himself in peak condition.

## Open Day

Bring your family and friends along on Bank Holiday Monday 2nd January for Westonbirt Leisure's Open Day. There will be plenty of activities provided to keep children and adults of all ages entertained with welcome drinks and snacks available throughout the day.

We will be opening our doors to **EVERYONE** between the hours of 10.00am - 4.00pm for you to come in and take a look at what we have to offer you. There's no catch or hidden agenda, just us inviting you all along to let your hair down after the festive period.

## Wedding Venue

A little surprisingly, December is the most popular month of the year for proposals. If you know of anyone who has recently become engaged and is looking for a venue for their wedding, Westonbirt House may be of interest.

With Saturday dates in 2017 available, couples can still find a grand location for their special day. As a Special offer, we are currently offering 6 months Sports Centre membership for couples who book in January and February.

For further details please visit [www.westonbirtweddings.com](http://www.westonbirtweddings.com) or call James Lindsay on 01666 881338.



## Bryony's Blog



New Year, New You!

What better time of year to start something new than within the New Year. A lot of people will be joining the gym within the early months of the New Year, yet how many will actually make it beyond the 3 month mark?

By February, numbers begin to drop and New Year resolutions become a distant memory. Stay motivated by doing something you enjoy and that makes me you feel good. Need some inspiration? Try my HIIT session for a fast, effective fat burning workout that can be completed in 15 minutes.

5 exercises, 30 secs on each station, 3-4 rounds, 30-60 secs rest after each round.

Core Bag - Squats  
TRX - Rows  
Medicine Ball - Overhead Slams  
Mountain Climbers  
Bosu - Plank

	<b>Swimming Pool</b>	<b>Fitness Suite &amp; Function Zone</b>	<b>Court Sports</b>	<b>Classes</b>
<b>January 2017</b>	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.
<b>Monday 2nd</b>	10.00am - 12.00pm Open Swim 11.00am - 11.45pm SwimFit 12.00pm - 1.00pm 4 Lanes 1.00pm - 2.00pm Family Fun 2.00pm - 4.00pm Open Swim	10.00am - 4.00pm	<u>Badminton</u> Not Available	11am - Trixter 11am - SwimFit 12pm - Circuits 1pm - ViPR 2pm - Boxercise
<b>Saturdays</b> *** 28th No Lane Swim 1.00pm - 2.30pm	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>No Classes</u>
<b>Sundays</b>	8.00am - 9.00am Triathlon 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> 12.00am - 4.30pm	<u>BPF Circuits</u> 10.00am—11.00pm
<b>Monday</b> (Excluding the 2nd January)	7.00am - 9.00am 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> 12.45pm - 1.45pm	<u>Boxercise</u> 6.30pm - 7.15pm
<b>Tuesday</b>	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 3.00pm - 4.30pm</i>	<u>Badminton</u> 12.45pm - 1.45pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
<b>Wednesday</b>	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> 12.45pm - 1.45pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am
<b>Thursday</b>	6.30am - 7.15am 4 Lanes 8.15am - 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>Circuit Training</u> 6.30pm - 7.15pm
<b>Friday</b> *** 13th & 27th Open Swim 6.00pm - 8.30pm	7.00am - 9.00am 4 Lanes 11.30am - 12.30pm Open Swim 12.30pm - 1.15pm Lanes / Open 4.30pm - 8.30pm Open Swim	7.00am - 9.30pm <i>Function Zone closed 3.00pm - 4.30pm</i>	<u>Badminton</u> Not Available	<u>Power Boost</u> 9.15am - 10.00am



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