



WESTONBIRT
— LEISURE —

Newsletter

January 2014



Sports Centre staff are once again well prepared for the January rush, as current members are expected to work off the festive excesses and a number of new members are expected to join us as they adhere to New Year resolutions. Additional Gym Instruction qualifications have been obtained within the staff team and if you feel you may benefit from some guidance or a personal programme, devised to help you achieve your fitness goals, please do not hesitate to ask a member of staff at reception.

We are very keen for Sports Centre membership to remain an enjoyable and pleasant experience and would like to reassure members that we have no intention of over subscribing. If you know of anyone who is considering membership at Westonbirt, please do not let them leave it too late.

New Year Fair

The Cotswolds Decorative & Fine Art Fair will be held at Westonbirt School on Friday 3rd, Saturday 4th and Sunday 5th January between 11.00am and 5.00pm each day.
For full details please view the website www.cooperevents.com

Timetable Changes

Please note the revised opening times for the Swimming Pool on Tuesday evenings.

We are sorry to inform members that the pool will not be available until 6.30pm during term times due to a change in the Schools academic timetabling and the consequence effect on the Mary Derrick swim lessons.

1st Weekend in January

To accommodate a couple of Special Events on the first weekend of the New year a few revisions to the timetable have been necessary. Please take care when reviewing the Opening Times for the 4th and 5th January. On Saturday 4th we are hosting a Swim coaching course lead by Olympian and European Championship Silver medallist Robin Francis. Please review www.swimcampsuk.com if you are aged under 18 years of age and interested in a full days swimming technique and skills clinic.



We are delighted to announce a new association with Veloton bike and coffee shop in Tetbury.

Veloton have very kindly offered to provide a discount of 10 % for ALL Sports Centre members off of bikes and accessories on production of a valid Sports Centre membership card.

The shop is located in the high street adjacent to the Snooty Fox Hotel. For their range of bikes please visit www.veloton.co.uk or call 01666 504343.

Changing Room Improvements

We hope that you will have noticed some improvements in the Male and Female wet changing rooms. Whilst we recognise that some aspects remain to be completed (shelving) we hope the installation of new tiling, sanitary units, cubicles, seating and shelving will improve the aesthetics and more importantly, your changing experience. Additional feedback is very welcome with regard to further improvements throughout the centre.

Precision Fitness - Why fats don't make you fat

Mike Alley, Personal Trainer and owner of Precision Fitness has kindly provided some interesting facts for members who may be planning changes to their diet in the New Year.

"Contrary to popular beliefs fats consumed are not always going to make you fat. Fats are vital within the body for hormone production, thyroid output and breaking down of nutrients amongst other functions. Every natural food (single ingredient) is designed with the right amount of fat to break down the nutrients contained within that food. If you remove those fats, such as fat free yogurt, skimmed milk and light butter your body won't make full use of the nutrients. If your body can't break it down, there's no point in eating it as it's not benefiting you and could then be stored as fat. Also these types of low fat or fat free marketed foods are higher in sugar which the body will store and very rarely use."

January 2014	Swimming Pool	Fitness Suite	Function Zone	Classes & Courts
	Lanes only before 9.00am & 2 lanes during lunchtime sessions. In the evenings there will be lanes available from 8.00pm onwards.	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.	Available for members aged 16 years and over. £1.00 for members, £5.00 for guests.
Saturdays	9.00am - 10.00am - Lanes Only 10.00am - 12.30pm - Family Fun 1.30pm - 2.30pm - Lanes Only 2.30pm - 4.30pm - Open Swim	9.00am - 4.30pm	9.00am - 4.30pm	
Sundays	9.00am - 10.00am - Lanes Only 10.00am - 12.30pm - Family Fun 1.30pm - 2.30pm - Lanes Only 2.30pm - 4.30pm - Open Swim	9.00am - 4.30pm	9.00am - 12.00pm & 3.00pm - 4.30pm	
Please note that during Family Fun & Open Swims on Weekends, a maximum of one lane <i>may</i> be added.				
Monday 6th - Friday 31st January				
Monday	7.00am - 9.15am & 12.45pm - 2.00pm & 6.15pm - 9.30pm	7.00am - 9.30pm	7.00am - 9.45am & 12.30pm - 6.00pm & 7.30pm - 9.30pm	<u>Trixter</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.30am & 12.15pm - 1.15pm & 6.30pm - 9.30pm <i>(Swimfit 8.00pm - 9.00pm)</i>	7.00am - 9.30pm	7.00am - 8.45am & 10.00am - 9.30pm	<u>Stretch & Tone</u> 9.00am - 9.45am Zumba 6.15pm - 7.15pm
Wednesday	7.00am - 9.00am & 12.30pm - 1.30pm & 9.00pm - 10.00pm	7.00am - 2.00pm & 4.30pm - 10.00pm	7.00am - 9.00am & 11.30am - 1.30pm & 4.30pm - 7.15pm	<u>Sculpt & Tone</u> 10.30am - 11.15am <u>ViPR Fit</u> 7.30pm - 8.15pm
Thursday	6.30am - 7.15am & 8.00am - 10.00am & 12.45pm - 1.45pm & 6.30pm - 7.30pm & 8.30pm - 9.30pm	6.30am - 9.30pm	6.30am - 9.00am & 11.30am - 5.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>CircX</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am & 10.30am - 12.45pm & 6.00pm - 9.30pm	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Power Hour</u> 9.15am - 10.15am