



## **January 2015**

Many members will have seen the phrase “NEW YEAR, NEW YOU” in local papers and magazines and will perhaps question whether this phrase is entirely appropriate or necessary?

With a little help from our instructors and a commitment to 30 minutes exercise per day, there really is no need to reinvent yourself.

When planning 2015, set yourself targets that are realistic and achievable. Have you considered the Westonbirt Triathlon in May and August 2015? A 16 length swim, 24k bike ride with a 5k run to finish, over a flat course in beautiful Cotswold countryside. We will even refund your entry fee on production of confirmation of your participation (visit [www.dbmx.co.uk](http://www.dbmx.co.uk) for further information on how to enter).

We offer free instruction and programmes for all members whenever requested and are happy to consider purchasing new equipment to help you achieve your goals.

If you have other fitness ideas and ambitions for 2015, please let us know how we can help.

### **PowerRack**

We are very pleased to inform members that we have recently ordered a new Power Rack for installation in the Fitness Suite. Delivery is expected in late January.

The rack will enable members increased access to strength and conditioning exercises.

If you would like further details or instruction, please speak to a member of staff.

### **Classes**

The recently introduced Fit Step class is moving to a new timeslot on Thursday mornings from 9.00am to 9.45am.

It is hoped that attendance will increase as a consequence of the move.

The Thursday Stretch & Tone class will move to 12.30pm to 1.15pm and will be relocated to the Sports Hall.

## **Triathlon Club**

Launching on Sunday 4th January the new Triathlon Club will offer expert coaching and training sessions in a friendly and sociable environment. Interest has been high and we hope to welcome at least a dozen participants in the first week.

When the weather warms, cycle sessions and running (initially within School grounds) will be added.

The first session will be held from 5.00pm to 6.00pm and input will be welcome from all those who attend to help identify the most convenient future session times for all.

The club is intended for all levels of ability, including beginners, you do not need to have ever undertaken a Triathlon to attend.

Pool sessions will frequently be led by Neil Scholes, with a cost of £5 per session to help pay for the provision of external coaches.

## **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 2015 available in May, October, and December 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 Kay Wood on 01666 881338.

January 2015	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	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 - 5.00pm	9.00am - 5.00pm	<u>Badminton</u> 2.30pm to 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	<b>Golf Course available</b>  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 - 5.00pm	9.00am - 5.00pm	<u>Badminton</u> 11.00am - 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	
<b>New Years Day - Closed</b>					
Tuesday 2nd	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 - 9.30pm	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	
Monday	7.00am - 9.15am 4 Lanes 11.50am - 1.15pm 2 Lanes 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 6.30pm & 7.30pm - 9.30pm	<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 12.20pm - 1.30pm 2 Lanes 6.30pm - 9.30pm Open	7.00am - 3.00pm & 4.30pm - 9.30pm	7.00am - 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 &amp; 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 - 10.00pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Sculpt &amp; 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 - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Stretch &amp; Tone</u> 12.30pm - 1.15pm <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