



WESTONBIRT
— LEISURE —

January 2016

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 2016, set yourself targets that are realistic and achievable. Have you considered the Westonbirt Triathlon in May and August 2016? A 16 length swim, 24k bike ride with a 5k run to finish, over a flat course in the beautiful Cotswold countryside, or even the new 10K fun run taking place within the School Grounds in July. Please visit www.dbmax.co.uk for further information on how to enter.

Westonbirt Leisure offer free instruction and programmes for all members whenever requested and are happy to help with exercises ideas whatever your 2016 event(s) or fitness goals may be.

Introduce New Members

In January and February we will be honouring a reward scheme for existing members for the introduction of a new member.

If you introduce a new member to an annual membership we will refund £40.00 back to you as an existing member.

Only one refund available per membership subscription.

Triathlon Training Camp

Have you ever thought that you would like to participate in a Triathlon but never know where to start? Are you keen to improve the disciplines of Swimming, Cycling or Running?

Here at Westonbirt we will be hosting a Triathlon Training Camp 18th - 20th March 2016.

The weekend will consist of 2 nights accommodation, meals, evening entertainment and coaching in all 3 aspects of Triathlons.

To reserve your place or for further information please visit www.trithecotswolds.co.uk or call Adrian on 07703188773.

Fitness Class Bookings

With the beginning of the New Year proving to be very popular with existing and new members trying out fitness classes, we do advise you all to book your place on a class in advance.

Likewise, if you are unable to attend a class please give us a call to ensure you have been cancelled and we can offer your place to another participant.

Concept2 Winter Challenge

Throughout the winter Concept2 provide monthly online challenges so that rowers and gym users alike can maintain their fitness. December was the Holiday Challenge; to row 100km from Thanksgiving to Christmas Eve.

January's challenge is the Virtual Team Challenge; to row as many 'Team' metres from 1st to the 31st January 2016. Darrel Samanjoul has completed the December's Holiday Challenge and will set up the **We Are Westonbirt Team** for January's Challenge.

So, if you are looking for a New Year Challenge then come and join Darrel and the **We Are Westonbirt Virtual Team** for a month's rowing - book your seat early! Further details can be found at www.concept2.com/challenges.

	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
January 2016	4 Lanes available early mornings, 2 Lanes at lunchtime sessions, Open sessions are for recreational swimming.	Members aged 16 years and over who have completed an induction.	Members aged 16 years and over who have completed an induction.	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 **16th Lanes will commence at 1:45pm	8.00am - 9.00am 4 Lanes 1.00pm - 2.30pm 2 Lanes 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 2.30pm - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	Golf Course available
Sundays	8.00am - 9.00am Tri Club 9.00am-10.00am 4 Lanes 10.00am-12.00pm Family Fun 1.00pm - 2.30pm 2 Lanes 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open	8.00am - 4.30pm	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!

CLOSED NEW YEAR'S DAY

Monday	7.00am - 9.15am 4 Lanes 11.00am - 12.00pm Open 12.00pm - 1.30pm 2 Lanes 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 6.15pm & 7.15pm - 9.30pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 11.00am - 9.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 4 Lanes 12.20pm - 1.30pm 2 Lanes 6.30pm - 9.30pm Open	7.00am - 3.00pm & 4.30pm - 9.30pm	7.00am - 9.00am & 10.15am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>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 1.00pm - 3.00pm 2 Lanes 9.00pm - 10.00pm Open	6.30am - 10.00pm	6.30am - 10.15am & 11.30am - 10.00pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 12.00pm - 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 12.00pm - 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> 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 ** 15th Open Swim will commence at 6.00pm	7.00am - 9.00am 4 Lanes 11.30am - 12.30pm Open 12.30pm - 1.15pm 2 Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 11.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am



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