



WESTONBIRT
— LEISURE —

July 2017

Summer months are the time of year when the departure of Westonbirt School for the summer holidays appears to present an immediate opportunity to considerably revise the Swimming Pool timetable . However, as most Westonbirt Leisure Sports Centre members will be aware, the Swimming Pool at Westonbirt is also used extensively by the local community and beyond, providing a vital teaching and training resource, our obligations to other Schools and Swim lesson providers extend well into July.

To accommodate all user groups and maximise swim opportunities for Sports Centre members, this month we have divided the timetable into 2 parts. Commencing immediately, on Saturday mornings we are delighted to provide a further 3 hours of Swimming, 1 hour of which (9.00am to 10.00am) will be a further lane session and then from 10.00 to 12.00pm we have added a Family Fun session as we very much hope this will prove popular with our members with families and children.

Additional Open Swim times have been added to the timetable in the later part of July once the Mary Derrick Swim School has finished for the Summer Term.

The Tuesday evening Trixter class is reducing to one class instead of the two during the summer season as a consequence of a fall in attendance over the last few weeks, attributed to lighter evenings. During the summer holidays attendance at the Sports Centre traditionally falls by about 30%, you can expect more pool space and increased availability of Gym equipment.

CardioWall

We are very pleased to inform members that Westonbirt Leisure have invested in the very latest fitness equipment to enter the market and an interactive CardioWall is to be installed in the Functional Training Zone during July.

The wall has been developed by Rugged Interactive based in Cornwall, who have developed a piece of equipment that will keep you coming back for more by challenging your endurance, reaction times and co-ordination skills.

We believe that the CardioWall will prove to be a fun and rewarding workout for members, very unlike anything else in the gym environment , that can be used with a wide range of fitness equipment, for individual training or as part of a class environment.

BAK Personal Training

Bryony has officially rebranded and is now providing all Personal Training at Westonbirt Leisure as bpf have left for pastures new.

As an introductory offer, Bryony is offering free consultations and 30 minute taster sessions to all new and existing members.

Consultations and taster sessions will provide members with an insight into the variation of training available and Bryony looks forward to receiving questions you may have regarding diet and exercise routine's.

With plenty of experience in land and pool based training over the past few years, Bryony has helped many individuals to change their bad habits, contributing to a healthier lifestyle. Previous clients goals have included weight loss, muscle building and strengthening, swim stroke development and event preparation.



Contact Bryony today:

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| July 2017 | Swimming Pool | Fitness Suite & Function Zone | Court Sports & Sports Hall Classes | Function Training Zone Classes |
| | 4 Lanes during early mornings. Lanes / Open = 2 lanes, half open. Open Swim = Recreation Swim. | Available to members aged 16 years and over who have successfully completed an induction | £7.50 per court for non members. Please call to book a court. | Members aged 16 years & over. £1.00 for members, £5.00 for guests. |
| Saturday | 8.00am - 10.00am 4 Lanes 10.00pm - 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> 2.30pm to 4.30pm | No Classes |
| Sunday | 8.00am - 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> 9.30am to 4.30pm | No Classes |

Monday 3rd - Friday 21st July

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| Monday | 7.00am - 9.00am 4 Lanes 12.00pm - 2.00pm Lanes / Open 6.15pm - 9.30pm Open Swim | 7.00am - 9.30pm Function Zone closed 6.30pm - 7.15pm (<i>Boxercise class</i>) | <u>Badminton</u> 12.45pm to 1.45pm | <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 - 9.30pm | <u>Stretch & Tone</u> 9.15am - 10.00am <u>Dance Fit</u> 10.15am - 11.00am <u>Zumba</u> 6.15pm - 7.15pm | <u>Trixter</u> 6.30pm - 7.15pm |
| Wednesday | 6.30am - 9.00am 4 Lanes 1.00pm - 3.00pm Lanes / Open 8.00pm - 10.00pm Open Swim | 6.30am - 10.00pm Function Zone closed 10.30am - 11.15am (<i>Sculpt & Tone class</i>) | <u>Badminton</u> 12.45pm to 1.45pm | <u>Sculpt & Tone</u> 10.30am - 11.15am |
| Thursday | 6.30am - 9.00am 4 Lanes 9.00am - 10.00am Open Swim 12.00pm - 1.25pm Lanes / Open 6.00pm - 9.30pm Open Swim | 6.30am - 9.30pm | <u>Circuit Training</u> 6.30pm - 7.15pm | No Classes |
| Friday <u>*14th July</u> Open Swim will commence at 5.30pm | 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 | <u>HIIT</u> 9.15am - 10.00am | No Classes |

Monday 24th - Monday 31st July

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| Monday | 7.00am - 9.00am 4 Lanes 12.00pm - 2.00pm Lanes / Open 5.30pm - 9.30pm Open Swim | 7.00am - 9.30pm Function Zone closed 6.30pm - 7.15pm (<i>Boxercise</i>) | <u>Badminton</u> 12.45pm to 1.45pm | <u>Boxercise</u> 6.30pm - 7.15pm |
| Tuesday | 7.00am - 9.00am 4 Lanes 12.00pm - 2.00pm Lanes / Open 5.30pm - 9.30pm Open Swim | 7.00am - 9.30pm | <u>Stretch & Tone</u> 9.15am - 10.00am <u>Dance Fit</u> 10.15am - 11.00am <u>Zumba</u> 6.15pm - 7.15pm | <u>Trixter</u> 6.30pm - 7.15pm |
| Wednesday | 6.30am - 9.00am 4 Lanes 12.00pm - 2.00pm Lanes / Open 8.00pm - 10.00pm Open Swim | 6.30am - 10.00pm Function Zone closed 10.30am - 11.15am (<i>Sculpt & Tone</i>) | <u>Badminton</u> 12.45pm to 1.45pm | <u>Sculpt & Tone</u> 10.30am - 11.15am |
| Thursday | 6.30am - 9.00am 4 Lanes 12.00pm - 2.00pm Lanes / Open 5.30pm - 9.30pm Open Swim | 6.30am - 9.30pm | <u>Circuit Training</u> 6.30pm - 7.15pm | No Classes |
| Friday | 7.00am - 9.00am 4 Lanes 12.00pm - 2.00pm Lanes / Open 4.30pm - 8.30pm Open Swim | 7.00am - 9.30pm | <u>HIIT</u> 9.15am - 10.00am | No Classes |