



WESTONBIRT — LEISURE —

March 2014

The February winds caused quite an event at the Sports Centre with the falling of a large Tree onto the Sports Hall roof. The roof has received a temporary repair, with further remedial works anticipated in 4 to 6 weeks time.

The hugely popular Westonbirt Triathlon is once again booked in for Bank Holiday Monday, 26th May. For entrance details please visit dbmax.co.uk/events. We are pleased to offer a 50% refund on entrance fees for any current Sports Centre member who takes part in the event. Upon completion of the triathlon, please forward a copy of your registration form, this will be confirmed with DB Max (event administrators) and a refund will be duly processed.

If you need any help with training techniques or programmes please speak to one of our instructors (Tom, Bryony & Mike).

Additional Fitness Equipment

We were very pleased to source a Precor Step Machine to add to existing equipment in the Fitness Suite. If any members would like additional instruction for this machine, please ask at reception to schedule an appointment.

Friday 21st March - Timetable Revision

Please note a slight change in the lunchtime lane session for Friday 21st March due to a Westonbirt Prep School Sports Relief event. The Prep School will be using the Pool for a charity fundraising swim from 9.00am to 12.00pm.

The Swimming Pool will therefore be open to members from 12.00pm to 3.00pm.

Changing Room Improvements

We are pleased to have received some positive feedback regarding the recent painting and shelf replacements in the wet changing rooms. We are aware that further improvements remain necessary and are currently reviewing dates for installation of LED lighting to improve the frustrating failure rate of existing bulbs. We will keep you informed of a scheduled installation date.

3 Ways Through Food to Boost Your Metabolism by Precision Fitness

Hot Peppers - Adding some spice to your food can speed up your weight loss. Hot peppers, like jalapenos, contain a chemical called capsaicin, which gives these vegetables their heat and causes a spike in your metabolism. This chemical also keeps the calorie burn going hours after you've finished your meal.

Lean Proteins - The protein found in chicken, turkey and other lean meats takes a great deal of energy to break down. Therefore, your body burns a lot of calories during the digestive process. Protein is also an essential ingredient in building lean muscle mass, which burns more calories than fat.

Salmon and Tuna - High levels of the hormone leptin have been linked to slower metabolisms and weight gain. A good way to lower leptin levels is to increase your intake of fish. The oils found in fish like salmon and tuna has been shown to cut leptin levels and help your body process foods more effectively.

March 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 - 12.00pm & 3.00pm - 4.30pm	Golf Course Available Now just £10.00 all day, every day!
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 *may* be added.

3rd - 31st March

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	<u>Trixter</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.30am & 12.15pm - 1.30pm & 6.30pm - 9.30pm (Swimfit 8.00pm - 9.00pm)	7.00am - 9.30pm	7.00am - 8.45am & 12.30pm - 9.30pm	<u>Stretch & Tone</u> 9.00am - 9.45am Zumba 6.15pm - 7.15pm
Wednesday	7.00am - 9.30am & 12.30pm - 1.30pm & 9.00pm - 10.00pm	7.00am - 3.00pm & 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 & 12.30pm - 5.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>CircX</u> 6.30pm - 7.15pm
Friday <u>* 21st March</u> Swimming Pool open 12.00pm to 3.00pm (closed 10.30am - 12.00pm)	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

Golf Course Memberships - Special Offers

We are pleased to offer all current Sports Centre members access to 2 very special Golf Course membership offers:

1. No Joining Fee for memberships purchased during March and April, a saving of £40.00.
2. Purchase an Adult membership during March and April and receive a years Junior membership (age 10 to 15) completely free.

Please contact reception for further details.