



WESTONBIRT
— LEISURE —

March 2017

Through the use of our membership database system we are able to produce usage reports identifying the most popular hours, days and weeks for centre usage.

PEAK TIMES!!

- Monday is the most popular day, accounting for 22% of weekly visits
- 6.00pm is our daily peak time! Avoid this time if you prefer a quieter experience
- Wednesday is the quietest day for those of you who can make a midweek visit
- Alternatively, we recommend a Saturday afternoon or Sunday morning

Our information is based on members attendance records and this can assist us in identifying members who may be affected in the event of a session change as we know which members to identify.

Pool Hours!! Our pool will now be open from 8.00am on Sundays

Woodland Lodge

We are pleased to announce the completion of our Woodland Lodge, a tranquil and peaceful area that can be used for Birthday Parties, Pilates, Yoga classes, Sports Tuition, informal meetings, clubs and societies.

The facility is fully heated, equipped with up to 20 tables and chairs with space for floor based programmes. A grass area outside is furnished with outdoor seating for picnics, all set within the beautiful surroundings of Westonbirt School. Adjacent to the Swimming Pool and with complimentary car parking, it is the perfect location for recreational use, all for just £10 per hour..

If you, or anyone you know, would like to explore the options available for using Woodland Lodge please enquire at reception or email Luke at www.sportscentre@westonbirtleisure.com



Be Precision Fitness Blog



The importance of Protein - Are you consuming enough?
Who should be taking additional protein and why?

Your body uses protein to build and repair tissue and is an important building block for bones, cartilage, muscles, skin and blood. Just like Carbohydrates and Fats, Protein is a “macronutrient” and it is essential that you supply your body with large amounts to allow yourself to function effectively and efficiently whilst maintaining a good standard of overall health. Protein comes in many foods and forms such as meat, fish, nuts, shakes and bars. Everyone should aim to consume an adequate amount of protein within their regular diet, if not additional supplements will prove of benefit, especially for members training on a regular basis. Stress on the muscles causes the breakdown of protein during exercise. This needs to be replenished in order to aid the muscle in the recovery process. High protein foods allow the following benefits:

*Speedy recovery after exercise
Greater muscle the less fat you have*

*Increased muscle/prevents muscle breakdown
Subsides hunger and leaves you fuller for longer*

Interested in Personal Training with Bryony?

Call: 07730770211 Email: bryonybeprecisionfit@gmail.com for a FREE consultation today!

March	Swimming Pool	Fitness Suite & Function Zone	Court Sports	Classes
2017	4 Lanes during early mornings. Lanes / Open = 2 lanes, half open. Open Swim = Recreational swimming.	Available to members aged 16 years and over who have successfully completed an induction with a member of WLL staff.	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.
Saturday	8.00am - 9.00am 4 Lanes 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> 12.00pm - 4.30pm	<u>Be Precision Fit Circuits</u> 10.00am - 11.00am 12th & 26th
Monday	7.00am - 9.00am 4 Lanes 11.00am - 12.00pm Open Swim 12.00pm - 1.30pm Lanes/Open 6.15pm - 9.30pm Open Swim	7.00am - 9.30pm <i>Function Zone closed</i> 6.30pm - 7.15pm	<u>Badminton</u> 12.45pm - 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 - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed</i> 3.00pm - 4.30pm	<u>Badminton</u> 12.45pm - 1.45pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <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 Swim 1.00pm - 3.00pm Lanes / Open 9.00pm - 10.00pm Open Swim	6.30am - 10.00pm <i>Function Zone closed</i> 10.30am - 11.15am	<u>Badminton</u> 12.45pm - 1.45pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 7.15am 4 Lanes 8.15am - 9.00am 4 Lanes 9.00am - 10.00am Open Swim 12.00pm - 1.25pm Lanes / Open 6.00pm - 7.30pm Open Swim 8.30pm - 9.30pm Open Swim	6.30am - 9.30pm	<u>Badminton</u> 12.45pm - 1.45pm & 5.30pm - 6.20pm	<u>Circuit Training</u> 6.30pm - 7.15pm
Friday	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 <i>Function Zone closed</i> 3.00pm - 4.30pm	<u>Badminton</u> Not Available	<u>Power Boost</u> 9.15am - 10.00am

Westonbirt - Easter Holiday Club

Monday 27th March - Thursday 13th April 2017

Out of this World Theme

8.00am - 6.00pm

Ages 3 - 11 – Indoor & Outdoor Play, Swim everyday, Arts, Crafts & More

£30.00 per day

10% discount for all Westonbirt pupils & Sports Centre members

Tuesday 18th April - Fizz Pop Science

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