



WESTONBIRT
— LEISURE —

May 2017

This month we will be saying **Goodbye** to several members of the Westonbirt Leisure team as they move on to pastures new and **Hello** to the new members of staff joining us.

Julianne Thomson has been with us for 4 years and will be now moving on to pastures new to pursue her career in the Personal Training industry. James Tucker and Chris Kettle will be taking a summer season out to work in the warmer climates of the Greek islands. We wish them all well for their future endeavours. We have been successful in the recruitment of several replacements and look forward to welcoming them all very soon.

Picnic in the Park Saturday 20th May 12.00pm to 6.00pm

Once again, Westonbirt School's annual Picnic in the Park event is looking like a very exciting day full of entertainment for the whole family to enjoy. Live music will be provided by the School Ensembles, Lewis Clark and the Essentials, Solid Gone, Malmesbury Community Choir, Ruff Diamond and Train to SKAville. Children can attend FREE performance workshops in music and drama from 10am-12pm and have the opportunity to showcase their talents on the main stage.

Tickets can be purchased by visiting www.eventbrite.co.uk

DB Max Triathlon

Due to hosting Westonbirt Triathlon on Monday 29th May, parking at the Sports Centre and on the School site will not be available before 2.00pm.

If you are planning on using the Fitness Suite or Functional Training Zone you may be required to park your vehicle on Bowdown road and walk a little to gain access to the centre.

We apologise for any inconvenience caused, however would encourage members to take the opportunity to come and watch or take part in the event which has over 500 participants from the local community and beyond. Good luck to all members taking part.

Any current Westonbirt Sports Centre member finishing in the top 50 of their category can claim their entry fee back, please speak to Luke Bedwell.

Be Precision Fitness Blog



Throughout May, Bryony will be offering **FREE consultations** and **30 minute half price taster sessions**.



Have you ever thought about Personal Training but not too sure if it is for you?

Perhaps you cannot seem to shift that stubborn Christmas weight or you want to make a start on that Summer body. Through the guidance and motivation of a Personal Trainer everyone can achieve their goals and lead a healthier lifestyle, regardless of whether you attend the gym on a regular basis or are a complete novice.

Bryony can help with sessions that are tailored for every *Individual*, that are *Fun* and *Varied*.

Get in contact for a complimentary consultation and half price 30 minute taster session!

bryonybeprecisionfit@gmail.com

07730770211

May 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 - 9.00am 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm	No Classes
Sunday	8.00am - 10.00am 10.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Family Fun Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 9.30am to 4.30pm	No Classes
Bank Holiday Monday 1st May	9.30am - 10.30am 10.30am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Family Fun Lanes / Open Family Fun Open Swim	9.30am - 4.30pm	<u>Badminton</u> 9.30am - 4.30pm	No Classes
Tuesday 2nd - Friday 26th April					
Monday	7.00am - 9.00am 11.00am - 12.00pm 12.00pm - 1.30pm 6.15pm - 9.30pm	4 Lanes Open Swim Lanes / Open 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 12.20pm - 1.30pm 6.30pm - 9.30pm	4 Lanes Lanes / Open Open Swim	7.00am - 9.30pm Function Zone closed 3.00pm - 4.30pm (<i>Westonbirt School</i>)	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Zumba</u> 6.15pm - 7.15pm	<u>Trixter</u> 5.30pm - 7.15pm
Wednesday	6.30am - 7.15am 8.15am - 9.00am 1.00pm - 3.00pm 9.00pm - 10.00pm	4 Lanes 4 Lanes Lanes / Open 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 - 7.15am 8.15am - 9.00am 9.00am - 10.00am 12.00pm - 1.25pm 6.00pm - 7.30pm 8.30pm - 9.30pm	4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim Open Swim	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm	No Classes
Friday	7.00am - 9.00am 11.30am - 12.30pm 12.30pm - 1.15pm 4.30pm - 8.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm Function Zone closed 3.00pm - 4.30pm (<i>Westonbirt School</i>)	<u>Power Boost</u> 9.15am - 10.00am	No Classes
Bank Holiday Monday 29th May	No morning session due to Triathlon 2.00pm - 3.00pm Lanes / Open 3.00pm - 4.30pm Open Swim		8.00am - 4.30pm	<u>Badminton</u> 2.00pm - 4.30pm	No Classes
Tuesday 30th and Wednesday 31st May					
Tuesday 30th	7.00am - 9.00am 9.00am - 10.00am 12.00pm - 2.00pm 5.30pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Zumba</u> 6.15pm - 7.15pm	<u>Trixter</u> 5.30pm - 7.15pm
Wednesday 31st	6.30am - 9.00am 9.00am - 10.00am 12.00pm - 2.00pm 4.30pm - 6.00pm 8.00pm - 10.00pm	4 Lanes Open Swim Lanes / Open Open Swim 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