



WESTONBIRT
— LEISURE —

November 2015

With the increasing number and popularity of local outdoor endurance events, Tough Mudder, The Battle of Lansdown and the new Mud Bath race, you may be re-evaluating your fitness goals for 2016.

Westonbirt Leisure have 3 instructors available, offering experience in these fields, to help you achieve your specific training needs.

Please speak to Tom, Julianne or Bryony at any time, they will be very happy to discuss and plan training schedules and offer further advice in regards to events.

During November the walls of the Fitness Suite will be receiving a much needed fresh coat of paint to lift the ambiance of the room. In December a new swimming Pool cover will be fitted by AquaMat of Stroud. We will try to complete all refurbishments during off peak times. Further plans include painting of the female changing rooms, locker replacements and refurbishment of shower areas.

New Class - Boxercise

Boxercise is an effective form of cross training that incorporates a combination of boxing movements and circuit style stations. The class will help participants to improve their co-ordination, rhythm, aerobic and anaerobic capacity, but most of all will be fun and burn those excess calories.

Luke and Julianne will be taking the classes on a Monday evening in the Functional Training Zone between the hours of 18.30pm - 19.15pm.

For further information please ask Luke or Julianne when you next see them at the Sports Centre. This new class replaces Vopr which takes a break.

Boot Camps

In 2016 Westonbirt Leisure are delighted to be hosting regular weekend boot camps to help individuals with their overall fitness and provide nutritional advice combined with fresh ideas.

Sessions incorporate fitness testing, circuit style exercises, Pilates and stretching techniques all with the benefit of supervision from a Professional Personal Trainer.

Sunday mornings commencing 3rd January and all day Saturday commencing 9th January. For further information please email Caron - Caron.Denison@emberpass.com

Christmas Party Venue

Westonbirt House have a few days remaining between Sunday 13th and Wednesday 16th December if you are still looking for a very Special Venue to host your Staff Christmas party.

Catering from 60 to 140 guests, Westonbirt House offers a choice of four unique dining rooms, with additional space available for the provision of entertainment and dance if.

To discuss your requirements in further detail, please contact James Lindsay in our events department.

Telephone: 01666 881404

Email: James@westonbirtevents.com

Telephone: 01666 881404 **Email:** sportscentre@westonbirtleisure.com **Web:** westonbirtleisure.com

Nov 2015	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	Where Lanes / Open Swim is specified, 2 Lanes are always available. The other half of the pool is designated an Open Swim.	Members aged at least 16 years and who have completed an induction.	Members aged at least 16 years and who have completed an induction.	Free for 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	8.00am - 9.00am 4 Lanes 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Swim 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 2.30pm - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	<u>Golf Course</u> Just £10.00 for 18 holes of golf. All day, every day!
Sundays	8.00am - 9.00am Triathlon Club 9.00am - 10.00am 4 Lanes 10.00am-12.00pm Family Swim 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Swim 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 11.00am - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	
Monday	7.00am - 9.15am 4 Lanes 11.00am - 12.00pm Open 12.00pm - 1.30pm Lanes 1.30pm - 2.30pm Open 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 6.15pm & 7.15pm - 10.00pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 10.00am - 6.15pm	<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	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 Lanes 9.00am - 9.30am Open Swim 1.00pm - 2.00pm Lanes 2.00pm - 3.00pm Open Swim 9.00pm - 10.00pm Open Swim	6.30am - 10.00pm	6.30am - 10.15am & 11.30am - 10.00pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 11.00am - 9.00pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 7.15am 4 Lanes 8.00am - 9.00am 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	7.00am - 9.30pm	<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	7.00am - 9.00am 4 Lanes 11.30am - 12.30pm Lanes 12.30pm - 1.15pm Open Swim 4.30pm - 9.00pm Open Swim	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am

Hatha Yoga Classes

Russell Townsend will be running several yoga evening sessions on a Thursday. The classes will help individuals unwind and enter a state of deep relaxation in preparation for a good night's sleep. Block bookings and single sessions are available beginning at £9.00 for 75 minutes.

For further information regarding the classes and bookings please contact Russell on 07710170081 or via email russelltownsend@gmail.com