



WESTONBIRT  
— LEISURE —

## October 2016

We hope that most members have had the opportunity to experience the new gym equipment installed at the end of August. Inevitably there were a few teething problems for which we apologise and thank members for bringing to our attention very quickly. The vast majority of feedback received has been very positive, we are aware that some of the icons for the set programmes are not particularly clear and would encourage a consultation with Sports Centre staff, perhaps even another fitness induction, to ensure you gain maximum benefit from each of the machines full features.

With darker evenings sadly now drawing in, we would expect that, in accordance with trends witnessed over the last few years, participation at the Sports Centre will increase by 15 to 25%. This is due to a bounce in attendance as existing, new and returning members who complete their summer training in the great outdoors. Running, cycling and swimming outdoors do not hold quite the same appeal as temperatures fall and the rain sets in.

## Membership Journey - Iron Man Ambitions

We like to think and very much hope that Westonbirt Leisure provide for a wide range of membership expectations. When Andrea Herbert joined Westonbirt Sports Centre initially it was so she could see a little more of her husband Matt who had caught the fitness bug in 2013. Andrea has since gone on an incredible fitness journey, working initially with Sports Centre staff, particularly Mike Alley, from Precision Fitness. Through dedication and hard work, she has surpassed her initial goals and now seeks a greater challenge. Andrea, along with fellow members Anna and Chris Wedgwood, have now signed up for the mammoth task of completing the Outlaw Iron Man in 2017. That's a 2.4 mile swim, followed by a 112 bike ride, with a marathon (26.22 miles) to finish.

If you would like to discuss how Precision Fitness can take you to another level, please visit their website [www.beprecisionfit.com](http://www.beprecisionfit.com) or call one of the team - full details at reception.



## Monthly Members Challenge Results



In homage to the Rio Olympics, the Pool challenge for August was to complete a 25m swim using Backstroke technique. Times set by staff were 16.95 secs (Sophie) and 19.85 Secs (Tom). 5 members successfully completed the swim in a faster time than Tom, with Thomas Kendall achieving 18.03 Seconds. The Gym challenge was a test of muscular strength and endurance where you had to deadlift your own body weight for as many reps as possible for 5 minutes. Congratulations to Andrea who completed 80 reps, even beating Mike Alley.

## Westonbirt Triathlon Club

The Westonbirt Triathlon Club Sunday swim session will be starting again from 6th November 8.00am - 9.00am. So if you need some motivation to train during the winter months, or perhaps you'd like to have a go at the 2017 Westonbirt Triathlon, why not come along. Members and non-members are all welcome. For more information please have a look at our Facebook group: Westonbirt Triathlon Club. Or email: [westonbirtriclub@gmail.com](mailto:westonbirtriclub@gmail.com).

## Half Term Timetable

The October half term (Monday 24th - Friday 28th) sees some of our private swimming pool hirers take a week off from their regular pool programmes.

We are delighted to inform our members that we are able to provide a consistent timetable throughout this week.

To encourage members to bring guests, we are pleased to offer **free guest swimming** (up to a maximum of 2 per member) throughout the half term week.

October 2016	Swimming Pool	Fitness Suite & Function Zone	Court Sports	Classes
Saturdays	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.
Sundays	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	<u>BPF Circuits</u> 10.00am - 11.00pm
Monday	7.00am - 9.00am 4 Lanes 11.00am - 12.00pm Open Swim 12.00pm - 2.00pm Lanes/Open 6.15pm - 9.30pm Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<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 9.15am - 10.00am &amp; 3.00pm - 4.30pm</i>	<u>Badminton</u> 12.45pm - 1.45pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Trixtter</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 10.30am - 11.15am</i>	<u>Badminton</u> 12.45pm - 1.45pm	<u>Sculpt &amp; 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	<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 3.00pm - 4.30pm</i>	<u>Badminton</u> Not Available	<u>Power Boost</u> 9.15am - 10.00am
Monday 24th	7.00am - 9.00am 4 Lanes 9.00am - 10.00pm Open Swim 12.00pm - 2.00pm Lanes/Open 6.00pm - 9.30pm Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 10.00am - 6.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday 25th	7.00am - 9.00am 4 Lanes 9.00am - 10.00pm Open Swim 12.00pm - 2.00pm Lanes/Open 6.00pm - 9.30pm Open Swim	7.00am - 9.30pm	<u>Badminton</u> 12.00pm - 6.00pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Trixtter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday 26th	6.30am - 9.00am 4 Lanes 9.00am - 10.00pm Open Swim 12.00pm - 2.00pm Lanes/Open 9.00pm - 10.00pm Open Swim	6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 10.00am - 6.00pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am
Thursday 27th	6.30am - 9.00am 4 Lanes 9.00am - 10.00pm Open Swim 12.00pm - 2.00pm Lanes/Open 6.00pm - 9.30pm Open Swim	6.30am - 9.30pm	<u>Badminton</u> 10.00am - 6.00pm	<u>Circuit Training</u> 6.30pm - 7.15pm
Friday 28th	7.00am - 9.00am 4 Lanes 9.00am - 10.00pm Open Swim 12.00pm - 2.00pm Lanes/Open 4.30pm - 8.30pm Open Swim	7.00am - 9.30pm	<u>Badminton</u> 10.00am - 6.00pm	<u>Power Boost</u> 9.15am - 10.00am