



WESTONBIRT
— LEISURE —

October 2017

It is always very pleasing to see and share Sports Centre members success as it can provide that little extra motivation we all sometimes need. The next time you are counting your lengths in the Swimming Pool or pushing yourself in the Gym, you could be training alongside two family members both currently representing Great Britain. **Kate Derrick** will be heading off to Glasgow in August 2018 to compete in the European Triathlon Championships, after successful qualification achieved last month at Thorpe Park. Kate took the top step of the podium with a time of 1 hour and 13 minutes and posted the fastest bike sprint of 35 minutes and 13 seconds. Success does not stop with Kate in the Derrick household, with her mother, owner and operator of the successful **Mary Derrick** Swim School bringing home a Silver medal for her age group at the World Triathlon Championships in Rotterdam, with a time of 1 hour and 27 minutes. We wish both Kate and Mary the very best of health over the next 10 months as their vigorous training continues with Westonbirt Leisure.

Golf Course - 1 Month Complimentary Membership

Last months offer for all Sports Centre members will continue this month with a 1 month free membership of **Westonbirt Golf Course**, valid until the end of October.

We are keen to encourage new players to the course as we are too frequently told by Sports Centre members - "we didn't know you had a Golf Course". The course is located just a few minutes away from the Sports Centre, behind the main house, at the end of Westonbirt village. To collect your free membership pass please contact Joe Freeman via:

sportscentre@westonbirtleisure.com, quoting - SCGOLFmonth

Westonbirt Golf Course also has a thriving and successful club who regularly play matches and competitions. The Club is very welcoming to players of all ages and can offer the opportunity to gain a recognised handicap. If you would like further details please contact: Mary Stoneham on 01666 311190 or Keith Skinner on 01666 503965

Renovation Work Opposite Leisure Centre

Throughout the next 3 months areas of development will be taking place on Carpenters House, located directly opposite the Leisure Centre. This will involve the demolition of sections of exterior walls and some structures. We kindly request all visitors to the site to please reduce speed to an absolute minimum and be cautious of the workmen and machinery around this area. It may be necessary for 1 or 2 of the car parking spaces to be taken up by materials and we apologise for this inconvenience. Additional parking spaces can be found in the overflow gravel car park before you turn left to the Leisure Centre.

BAK PERSONAL TRAINING

Sometimes we can overcomplicate the whole losing/gaining weight process. Body composition doesn't need to be complicated. Weight loss comes down to calorie expenditure; in order to lose weight we must ensure we're expending more energy than those calories we consume, this is called "**calorie deficit**" likewise if we wish to gain weight we must consume a much higher intake of calories than what is needed in order to function day to day (**daily energy intake**) this is called "**calorie surplus**". **TDEE – Total Daily Energy Expenditure**. To find out how many calories you should be consuming on a daily basis in order to function, use an online TDEE calculator. For example; 2,500 calories is the outcome figure, now to lose weight, subtract 500 calories to allow a **calorie deficit** and if the goal is to gain weight firstly ensure you're achieving this maintenance figure then aim for another 500+ calories to be in a **calorie surplus**.

It's as simple as that there's no need to overcomplicate it!

If you require any help in terms of health, fitness and nutrition feel free to come speak to me (BAK) I'll be happy to help!

October 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 = Recreational Swim.			Members aged 16 years and over who have successfully completed an induction	Please call to book a court. £7.50 per court for non members.
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	Golf Course available
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	Just £10.00 for 18 holes of golf. All day, every day.

Monday	7.00am - 9.00am 11.00am - 12.00pm 12.00pm - 1.30pm 6.15pm - 7.15pm 7.15pm - 9.30pm	4 Lanes Open Swim Lanes / Open Lanes / Open Open Swim	7.00am - 9.30pm <i>Function Zone closed</i> 6.30pm - 7.15pm	<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 - 7.30pm 7.30pm - 9.30pm	4 Lanes Lanes / Open Lanes / Open Open Swim	7.00am - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed</i> 3.00pm - 4.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Zumba</u> 6.15pm - 7.15pm	<u>Trixter</u> 5.30pm - 6.15pm & 6.30pm - 7.15pm
Wednesday	6.30am - 7.15am 8.15am - 9.00am 1.00pm - 2.00pm 2.00pm - 3.00pm 8.00pm - 10.00pm	4 Lanes 4 Lanes Lanes / Open Open Swim Open Swim	6.30am - 10.00pm <i>Function Zone closed</i> 10.00am - 10.45am	<u>Dance Fit</u> 10.45am - 11.30am	<u>Sculpt & Tone</u> 10.00am - 10.45am
Thursday	6.30am - 7.15am 8.15am - 9.00am 12.00pm - 1.20pm 6.00pm - 7.30pm 8.30pm - 9.30pm	4 Lanes 4 Lanes Lanes / Open Lanes / Open Open Swim	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm	No Function Zone Classes
Friday	7.00am - 9.00am 11.30am - 12.30pm 12.30pm - 1.15pm 4.30pm - 5.30pm 5.30pm - 9.30pm	4 Lanes Open Swim Lanes / Open Lanes / Open Open Swim	7.00am - 9.15am 10.00am - 3.00pm 4.30pm - 9.30pm <i>Function Zone closed</i> 9.15am - 10.00am & 3.00pm - 4.30pm	<u>Badminton</u> 12.45pm to 1.45pm	<u>HIIT</u> 9.15am - 10.00am

October Half Term Holiday - 23rd to 27th October

Monday 23rd	7.00am - 9.00am 9.00am - 10.00pm 12.00pm - 2.00pm 5.00pm - 6.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Lanes / Open Lanes / Open Open Swim	7.00am - 9.30pm <i>Function Zone closed</i> 6.30pm - 7.15pm	<u>Badminton</u> 12.45pm to 1.45pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday 24th	7.00am - 9.00am 9.00am - 10.00pm 12.00pm - 2.00pm 5.00pm - 6.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Lanes / Open Lanes / Open Open Swim	7.00am - 9.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Zumba</u> 6.15pm - 7.15pm	<u>Trixter</u> 5.30pm - 6.15pm & 6.30pm - 7.15pm
Wednesday 25th	6.30am - 9.00am 9.00am - 10.00pm 12.00pm - 2.00pm 5.00pm - 6.00pm 8.00pm - 10.00pm	4 Lanes Open Swim Lanes / Open Lanes / Open Open Swim	6.30am - 10.00pm <i>Function Zone closed</i> 10.00am - 10.45am	<u>Dance Fit</u> 10.45am - 11.30am	<u>Sculpt & Tone</u> 10.00am - 10.45am
Thursday 26th	6.30am - 9.00am 9.00am - 10.00pm 12.00pm - 2.00pm 5.00pm - 6.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Lanes / Open Lanes / Open Open Swim	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm	No Function Zone Classes
Friday 27th	7.00am - 9.00am 9.00am - 10.00pm 12.00pm - 2.00pm 4.30pm - 5.30pm 5.30pm - 8.30pm	4 Lanes Open Swim Lanes / Open Lanes / Open Open Swim	7.00am - 9.30pm <i>Function Zone closed</i> 9.15am - 10.00am	<u>Badminton</u> 12.45pm to 1.45pm	<u>HIIT</u> 9.15am - 10.00am