



What's on this Autumn



Both our sports centres are alive with activity and we are excited to share with you all our news and that of our clubs and providers. Firstly at SBL Sports Centre, the 3G pitch has now been finished and we are proud to say it looks amazing. You will love it. If you haven't been following the progress on our social media pages we have included some before and after photos for you to enjoy. Look how great it looks now! We have some exciting events planned across both sports centre, roller disco is here to stay

A Message From Dave Cook, Our Commercial Director

Following on from a challenging couple of years due to Covid19, it's been so good to be open and welcome so many different user groups into our sports centres. 2021 began in continued uncertain times, however 2022 proved to be much more settled for all, with it evidencing our communities engaging once more in physical activity and social interaction. Throughout we have been busy as a team! You will see our new 3G pitch install at SBL sports centre was completed over the summer with the local support of Verde Recreo. We have also launch our online booking platform for sports facilities, that will allow you to book and pay in advance for hiring and make your experience more efficient and smoother.

Over the forthcoming months, we are planning to offer some exciting investment into our fitness spaces (look out for news on this soon). In the mean time I'd like to personally welcome back our members and users to our centres, your loyalty and continued use supports the legacy of our school facilities and aides continued improvements in our communities education.

Thank you and stay active !

Dave

Class Timetable

The most up to date class timetable can be found online or via the QR code

Visit our websites, along with our opening times to see what else we have to offer.



As part of World Menopause Month in October, we are running two Menopause Awareness and Wellbeing Days at both SBL and Wellsway Sports Centres. We have the menopause expert Hazel Hayden from The Bristol Menopause Clinic running a presentation and Q & A's, along with other fitness and weight tutorials, nutritional advice, and Angela Rose Holistics. Book now to gain an early bird discount! If you don't want to come to the whole day we have a presentation and Q&A's option only for £20pp. Perfect for you to come along with partners so everyone gets a better understanding. Please follow the Eventbrite link to book your place. This will be the best money you have spent on yourself all year.

You can now book all activities online, click

PAYG FACILITY
BOOKING



on our websites.

www.sportwellsway.com

www.sblsports.co.uk

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What's on this Autumn



SBL Sports Centre 3G Pitch - Before and after its new turf!



Everything removed ready for go time.



Pitch is cut into strips



The next layer is off and ready for the underlay.



With the help of roller the top layer of grass is rolled up.
They did this super fast !



Top grass on and marking going down.



And here it is. The final lines have just gone. Look at the nice new dug outs !



What's on this Autumn



This summer we introduced Roller Disco sessions at Wellsway Sports Centre. We are very pleased to say they are here to stay.

Every Tuesday and Thursday in the school holidays you can bring your child along to enjoy the fun. With both Halloween and Christmas coming soon, we are holding themed nights with prizes awarded for the best fancy dress. This is optional of course.

You can book online, over the phone 0117 916 1034, or turn up on the day. Free parking on site within Wellsway School.



Now we have mentioned Christmas.

I know it is early but what better time to get ahead and purchase the perfect Christmas present for your loved one or friend. The Gift of Good Health and Fitness. You can purchase online and vouchers will be sent in the post or within our centres. You can also buy a junior block activity card.



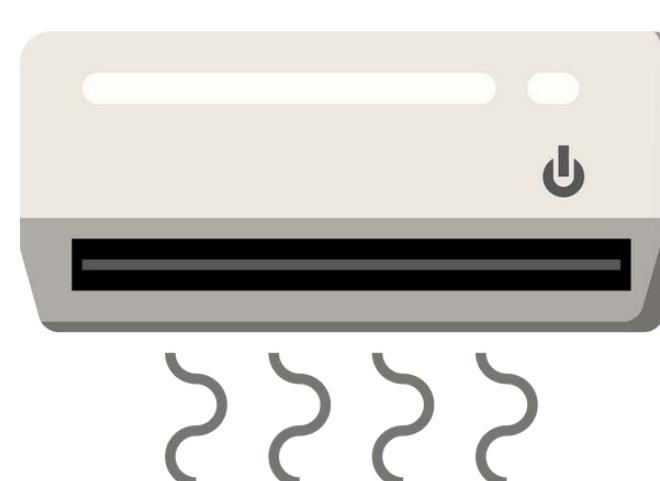



GYM + CLASS MEMBERSHIP

Start your journey towards a healthier more active lifestyle

	1 month	3 month	6 month
Full Membership	£26	£23	£21
LA / Public Services / Corp	£20	£18	£15
Futura Staff / Students	£15	£13	£11
Teen Gym	£3 per session	x10 sessions = £24	
Day Pass		£7 per session (gym or class)	

LES MILLS BODY PUMP | CYCLE FIT | HIIT | BOX-FIT | YOGA | KETTLEBELLS
DANCE FIT | CORE | BOOTCAMP | LES MILLS BODY BALANCE | BODY MOVEMENT
RESISTANCE | BARREX | EXPRESS CYCLE FIT | PILATES | HIIT & LEGS | BOOTCAMP



We are so pleased let you know that the Air Con at Wellsway Sports Centre is now working. We sincerely apologise for the length of wait and thank you for your patience and understanding



What's on this Autumn



ZIZA
FITNESS

Our resident personal trainer Michaela specializes in Women's Fitness, Strength Training, Pre/Post Natal Exercise and

Menopause Awareness. She also offers a GYMFIDENCE Class where you learn how to lift weights, what exercises to do and how to use the equipment and machines so you feel strong and confident. Michaela also helps with nutrition, training plans and helps you to improve your technique

Maybe you've tried the gym but find it confusing, or intimidating. Perhaps you were sporty when you were younger & struggled to get back into it. Are you desperate to tackle your relationship with food but don't know where to start.

For more information call, email or visit

www.zizafitness.co.uk
info@zizafitness.co.uk
07540 426798



**MICHAELA
ZIZKOVA**



Ask about sports hall or dance studio hire for any kind of birthday party.

You could hold a multi-sport party, dance or football party. We have rooms at both centres for food and cake to hire

Please note we don't provide a host.

**Let's
PLAY!**

**Follow
Us on
Social
Media**



Get Connected For Our Latest Offers, Giveaways, Updates & Tips



New to Wellsway Studio Friday night, Sage Yoga Dance is running fun and relaxing fusion classes. Whatever your age you will enjoy what these classes have to offer. Sign up today to gain a member/club discount.

Esthers Cafe reopens on Friday 16th September, so come along to sample the cafe's home cooked food and cakes.

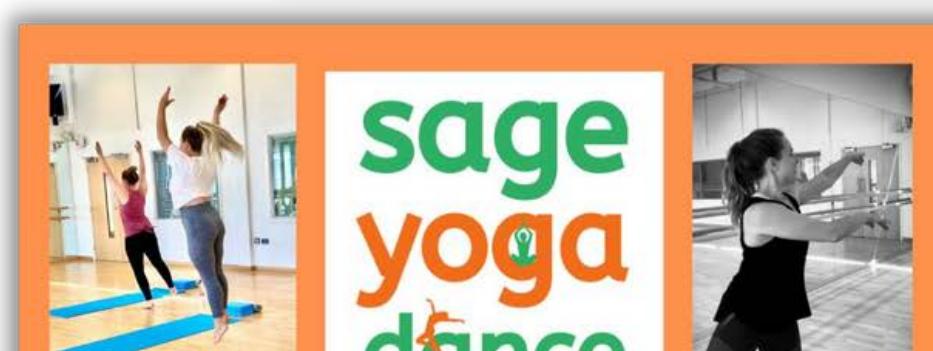
There is a wide varied menu, with added delicious healthy warm winter salads.



Open times
Weds - Fri 10am - 3pm
Sat 9am - 3pm
Sun 9.30am - 3pm

To book or for any queries please call

077737 84214 (Pete)
07948 372609 (Esther)



Wellsway Sports Centre
sageyogadance.com



**Sport Centre Members 50% Discount
Use Code FUTURA2022**

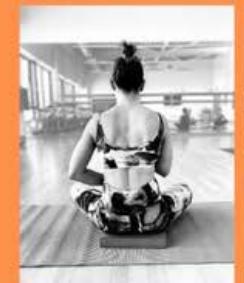
Valid until 31st Oct 2022

SageYogaDance classes at Wellsway Sports Centre

**Friday 7pm - 8pm
SageYogaDance FUSION**

A fusion of yoga and contemporary dance.

Adult Open Level



**Fridays 8pm - 9pm
Flow & Feel**

Rinse away the week's stresses and reconnect with body, mind and soul.



What's on this Autumn



Pay As You Go fun for everyone and all ages.

You can book online for one-off sessions at both our sports centre. Activities on offer are **Badminton, Basketball with Hoops and Courts, Indoor Cricket Nets, Table Tennis, Indoor Netball, Tennis Courts, Short Mat Bowls, 3G and Astro Pitches** which can be used for **Football, Hockey, and Rugby**.

You can hire by the hour, to half and full days. You can hire the halls and pitches for birthday parties, events, tournaments, or competitions. Of course, you can book a block of sessions and if you do a discount applies. For this, you will need to call the centres or pop in.



Wellsway Sports Centre



SBL Sports Centre

Pay As You Go Family or Friends Fun

£10 per court per 55 mins

£10 per table per 55 mins

Book online or call 0117 916 1034 www.sportwellsway.com

[f](#) [g](#)

WELLSWAY SPORTS

PAY AND PLAY ASTRO PITCH

Call and check if the pitch is available

If yes, come, pay & play with friends

£3.50 for 55mins

SUNDAY SLOTS AVAILABLE

ASTRO / 3G PITCH HIRE

PRICES FROM £37.50 PH

Price per hour - BLOCK BOOKING FOR 10 SESSIONS OR MORE (MATCH FEES DISCOUNT)

Book Online or call 0117 456 5910

10% OFF all activity block bookings.
Applies to 10 + sessions
 Contact the centre for availability and to book.

BASKETBALL HOOP £10 PER HOUR

BOOK ONLINE WWW.SBLSPORTS.CO.UK

[PAYG](#)



What's on this Autumn



Our in house health and wellbeing experts



ANGELA ROSE

We are a team of Complimentary Therapists offering massage, reflexology, reiki and many other treatments.

We work from the Well-being room within SBL Sports Centre.

Appointments are available to book online through the website. We do have availability and currently taking on new clients.

www.angelaroseholistics.com

You can also contact us on 07792875535 if you need any further assistance or have any questions

Meet the team

		
<i>Angela</i>	<i>Simona</i>	<i>Kate</i>
Business Owner Offering Massage Reflexology and holistic Facials. I specialise in pregnancy massage and reflexology and also women's health	Holistic and Sound Therapist offering Massage, Reflexology, skincare, Reiki and sound healing	Holistic Therapist offering Massage, Reflexology and organic facials. Kate has extensive knowledge and passion for natural skincare



Welcome to Philip Cutts School Of Dance and Sports Medicine with Biomechanic and Neurodynamic Sciences

Suffering from the pains below?

Back Pain - Hip Pain - Arthritis - CRPS
Knee Pain - Neck/Shoulder Pain

Book onto our supportive, practical and educational quarterly group, to discuss and network on the latest updates on effective Pain Management treatments and helpful recommendations.

Friday October 28th 6 - 8pm
Philip Cutts Pain Management Group
SBL Sports - Bristol - BS30 8TS

For Booking Details, Please Email
pcmskhealth@gmail.com



Philip Cutts Pain Management and Rehabilitation Group May we introduce ourselves; we are Philip Cutts - Organisation Director, and Samantha Combe - Clinical Coordinator. For the past year we have operated through 2 sites in Bristol, those being Wellsway and SBL. We would like to thank Sarah Jones, Dave Cook and all Sports Centre staff, for their unwavering support and continued enthusiasm for the work of the Organisation, and we very much look forward to this partnership continuing for many years ahead. We are a Pain Management and Rehabilitation Group that offers Teaching, Training and Treatment in exercise rehabilitation and Orthopaedic Musculoskeletal Medicine. We teach in over 20 countries and our fully accredited work, is based on 40 years of education, training and practical application experience within the Dance and Sports industry. We have students attend our education centre from around the UK and hold our quarterly Pain Management Support meetings in our warm, friendly, and inviting education centre.

All enquiries can be made via email to pcmskhealth@gmail.com

Adam Waller Osteopath



I enjoy treating a wide variety of complaints and have a particular interest in sports injuries. With all my patients I use a range of osteopathic techniques to ease pain, restore movement and function, together with advice on exercise and nutrition to restore optimum fitness and well-being. Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions. It works with the structure and function of the body and is based on the principle that the well-being of an individual depends on the skeleton, ligaments, connective tissues, and muscles all functioning smoothly together.

What Do Osteopaths Treat?

Back and neck pain - Sports Injuries - Hip, knee, ankle, and foot pain - Sciatica and trapped nerves - Cervicogenic headaches - Shoulder stiffness & pain - Tennis and golfers' elbow - Wrist pain - Achilles problems - Running injuries - Arthritic and rheumatic pain - Postural problems

For more information and to book sessions with Adam please visit www.adamwallerosteopath.co.uk



What's on this Autumn



Our Clubs & Sport Providers



SBL Sports is home to the Bristol Eagles futsal team. Bristol Eagles were founded in 2014. At the beginning it was a football team that played in the Bristol & District League. After two successful seasons, the team transformed into a futsal club, which debuted in the Welsh FAW Elite Futsal League. It finished 5th there.

The Covid pandemic has interrupted the development of the club. Bristol Eagles returned to normal functioning in 2021.

The club wanted to raise the bar and this time joined the 1st national futsal league in England - LNFS England. 2022/23 is the second season at this stage of the competition. The club is growing, but is still looking for reinforcements. If you want to try as a futsal player, contact the club via their Facebook or Twitter pages. [Facebook.com/BristolEagles](https://www.facebook.com/BristolEagles) // [Twitter.com/BristolEagles](https://twitter.com/BristolEagles)



We also invite you to home matches at SBL Sports Centre :

2/10/22 vs Aylesbury Futsal (15:30)
16/10/22 vs Northampton Lions (15:30)
23/10/22 vs City of Birmingham (12:30)
30/10/22 vs Birmingham Tigers (15:30)
06/11/22 vs Bristol Futsal (15:30)
20/11/22 vs Birmingham Deaf (13:30)
27/11/22 vs Dynamo Tekkers (16:30)

**Heidi- Marie
Dance Academy**

Sociability, cognitive and physical co-ordination, mental and physical health, endeavour and achievement, the list of the benefits of dance goes on.

Visit www.heidi-mariedance.com & our social media for more information about our classes.

Proud to be ...

Skylarks Netball Club are looking for shooters to join the friendly competitive team. Training indoors on Thursdays 7.30-9pm please contact Tracey - 07947539933 traceydawn102@gmail.com

**Wellsway
Short Mat Bowling Club**

Progressive Active Camps

Be happy, healthy and active!

Half Term 24th to 28th October
9.00am to 3.30pm
For children 4-13 years old

Venues:
Wellsway Sports Centre, Keynsham, BS31 1HH Farmborough Primary School, Bath, BA2 0FY

Call: 01225 285050
Email: j.mctiernan@progressivesports.co.uk
Book Online: <http://progressive-sports-bath.class4kids.co.uk>

BOOK NOW!

It was great to be part of Wellsway Sports Centre's recent Open Day and inviting plenty of new faces to give Short Mat Bowls a try! Get in touch if you would like to have a go - we play all year round and have sessions on Tuesdays, Wednesdays, Thursdays, and Sundays, with equipment and coaching provided to beginners.



What's on this Autumn



HOCKEY ACADEMY

Secondary Academy (for those in years 7-11)
Wednesday 5.30-6.30pm during school terms 1-4
Friday 3.20-4.20pm during school terms 1-6

Primary Academy (for those in years 2-6)
Friday 4.30-5.30pm during school terms 1-6

Hockey Heroes (for those aged 5-8)
8 week introductory programme running once or twice a year. Dates published on club website as and when available.

ALL SESSIONS HELD AT WELLWAY SCHOOL SPORTS CENTRE ON NEW ALL-WEATHER PITCH.

New members welcome at any time of the year.

We are happy for new players to come along and give it a try for a week or two before committing to joining.

Membership subs currently £75 for the entire winter season (terms 1-4) including all training and match fees.

50% discount for those joining after Christmas.

Please see club website for further details.

www.keynshamhockey.club

England Hockey Level 3 coach with over 25 years of experience

Friendly, community-based hockey club

Dug-outs for parents to sit in during sessions



**SING • ACT • DANCE
BUILD CONFIDENCE,
MAKE NEW FRIENDS
and have FUN!**

Sophie Louise
PERFORMING ARTS

Email us to book a **FREE** trial session!

Musical Theatre classes for children of all ages

Sir Bernard Lovell Academy
Oldland Common, Bristol

For class dates and times please visit our website.

[f](#) [i](#) Sophie Louise Performing Arts
info@sophielouiseperformingarts.co.uk
www.sophielouiseperformingarts.co.uk



Keynsham and district

Keynsham Mencap Society is now running 2 of its weekly clubs from **Wellsway**, providing opportunities for people with learning disabilities to be more active. **Fitness for All** on a Monday evening provides an enjoyable alternative exercise class, with the emphasis on making it fun! Music, games, parachute games, relays and more. Activities are designed to be accessible for all.

Mencap also runs a weekly **Boccia Club** on a Wednesday evening. A game similar to boules but played sitting down, making it accessible for all. It's a popular Paralympic sport and Keynsham Mencap players are twice winners of the local Bath Boccia league.

During the summer months, Mencap also used Wellsway Sports Centre ground and Astro pitch to host an inclusive sports day for children with additional needs and disabilities. Over 60 children took part in a wide range of non-competitive sports and tried different activities and events, many for the first time.

We have the highest aspirations of what can be achieved by anyone with a learning disability and are proud to offer inclusive sports opportunities to its members, along with other services such as social clubs, music, football, day trips, and holidays. Volunteers are always welcome. For more information about volunteering contact Laura Jefferies at laura@keynshammencap.org.uk or 0117 986 5659.



SOCER SHOOTERS

We have brand new Sessions at SBL on the 4G on Saturday Mornings 9.30 to 10.30am

The sessions are as follows:
Mini Shooters - Fun inclusive football for Reception to year 1 children - both boys and girls.

Girls Only Football - Year 3 to year 7 - All levels of ability and experience welcome.

We also have a Tiger Tots session indoors at SBL School. This is 9.45am to 10.30 for 3 and 4-year-old children in pre-school. Both boys and girls very welcome.

For more information email info@soccershooters.com or call 0117 450 4405
www.soccershooters.com

Autumn Sale

Pay £0 till October 2022
Simply Sign up to our monthly payment option (£32 per month) between 22nd August and 12th September and every class is FREE (pay nothing to start) until your first payment in October

Classes available

Mornings all 10am (9.30am from September)
Monday, Thursday & Saturday - Saltford Hall
Tuesday - Longwell Green CC

Evenings all 7pm

Monday & Wednesday - St Johns Primary School
Tuesday & Thursday - Wellsway School

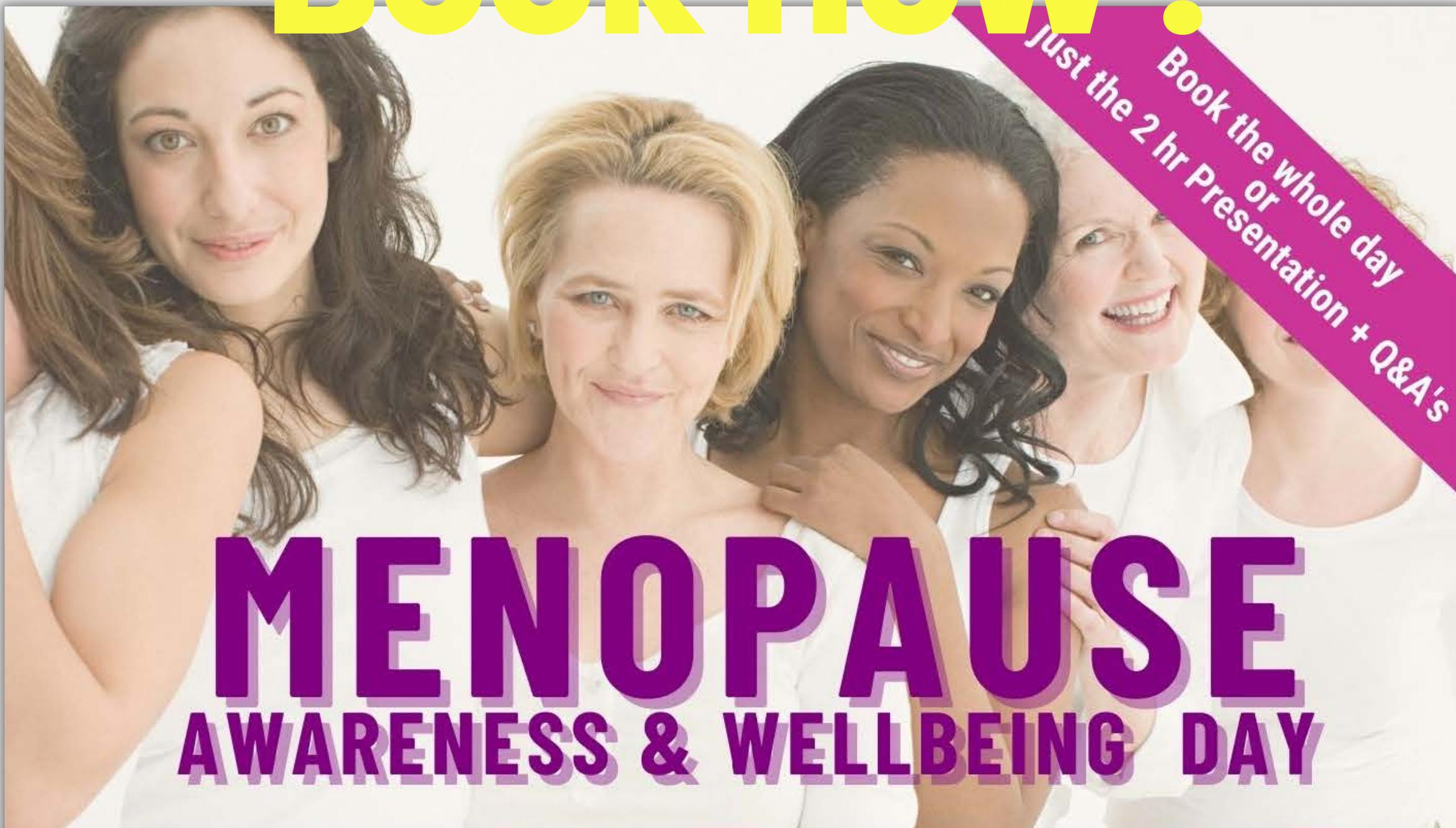
Contact Carole to book e: jazzercise@outlook.com

Disclaimer: Offer valid 22/8/22-12/9/22 for new customers or those who have not attended and/or registered in six months or longer. Not valid with other offers.
October 2022 payment required.

JAZZERCISE



What's on this Autumn Book now !



Book the whole day
or
Just the 2 hr Presentation + Q&A's

MENOPAUSE AWARENESS & WELLBEING DAY

SUNDAY 16TH OCTOBER @ SBL SPORTS CENTRE, OLDLAND COMMON

SUNDAY 23RD OCTOBER @ WELLSWAY SPORTS CENTRE, KEYNSHAM

9am
to
4pm

Support yourself through the mental & physical changes that occur during Perimenopause & Menopause at this up-to-date, awareness & wellbeing day.



The day includes

- Presentation and Q & A's with Hazel Hayden from The Bristol Menopause Clinic
- Talk on Nutrition
- Juice Break
- Tutorial in using weights from ZIZA Fitness (for all levels)
- Class incorporating all you have just learnt
- Calming Yoga session
- Angela Rose Holistics



**£35 pp or book before 30th Sept & get early bird discount £25pp
£20 pp for the 2hr Presentation and Q&A's with Hazel Hayden**

Menopause Awareness and Wellbeing Day at SBL Sports Centre.eventbrite.com

Menopause Awareness and Wellbeing Day at Wellsway Sports Centre.eventbrite.com

Book your ticket at **eventbrite**

0117 916 1034
www.sportwellsway.com

0117 456 15910
www.sblsports.co.uk

