

Heber leisure



LETS GET ACTIVE WITH HEBER LEISURE

GYM - SPORTS HALL - ASTRO PITCHES - TENNIS COURTS



Welcome to HEBER LEISURE



INTRODUCTION TO HEBER LEISURE

Heber Leisure officially opened its doors to the public on Friday 30th September 2016 following an opening ceremony performed by former Bishop Heber Student and Rio 2016 Silver medallist Vicky Thornley, seen below being presented with the Heber badge by school head, Mr David Curry. Heber Leisure is now a thriving leisure centre serving Malpas and the surrounding area.

Heber Leisure is open 5pm - 9pm Monday - Friday and 9am - 12pm on Saturdays. Please visit our website www.heberleisure.co.uk for more information or if you would like to visit and have a tour of our facilities then please pre-arrange this by email heberleisure@heber.org.uk or by calling the center on 01948 808884. Heber Leisure is a hub of activity with not only our fitness suite open to the public, but also a variety of clubs and individual hirers using our facilities including our bootcamp class on Wednesday evenings. Take a look over the next few pages and we look forward to welcoming you to Heber Leisure either as a returning member or as first time visitor.

Carl Ziemann

Carl Ziemann - Leisure Manager



HEBER LEISURE

MEET THE TEAM



Carl - *"Hi I am Carl, I am the leisure manager and responsible for the day to day operation of the facilities. I look after all the long term hires, personal training and inductions, the chances are if you come into Heber, it will be myself you will have spoken to beforehand. I am a keen runner and recently completed the Manchester Marathon and I am aiming for a sub 4hr marathon. Fun fact, I was briefly in the tv series Brassic on Sky one"*



Georgie - *"Hi i'm Georgie, i'm one of the leisure assistants, here to help with memberships and bookings. I enjoy running and triathlons, but will often be spotted with a book behind the desk. I will make sure you leave the gym with a book recommendation. I'm a medievalist who enjoys studying, keeping the mind fit along with the body! My fitness goal is to be able to do 20 pull ups by the end of the year (currently up to 7), and to run the York Marathon."*



Johnny - *Hi i'm Johnny a qualified gym instructor, I have been working in the industry for over 10 years and have worked in multiple roles over the years including gym instructor & duty manager. I've been working for Heber Leisure since it's creation as a Leisure Supervisor & Gym Instructor helping members to realize their potential and help them along their way with their Health & Fitness Journeys. I enjoy Motorsports, going to the gym, reading, outdoor running & walking. Fun facts, this is always a difficult one! At college I was selected to visit an engineering school in Japan, all expense paid, how many people can say they've done that!*



Jeni - *"Hi I'm Jeni, the newest member of the Heber team, I am here to help with bookings, memberships and any questions you have. I am a keen sports person and enjoy getting out on my bike, triathlons and I'm partial to a round of golf on a nice day! I like to push myself physically and have taken on charity challenges, climbing Jebel Toubkal in Morocco, cycling from London to Brussels and London to Paris. I am currently in pursuit of the "London Classics", the next event being the London Marathon in October. A fun fact, I have been lucky enough to photograph a couple of shows for the Welsh National Opera"*



FITNESS SUITE SERVICES

**FULLY AIR CONDITIONED
FITNESS SUITE**

OPENING HOURS

Weekdays 5.00pm - 9.00pm

Saturday 9.00am - 12.00pm

1 Monthly Recurring Card Payment (RCP)

Our monthly membership works exactly like a Direct Debit only giving you more control. You choose the date your payment comes out in exactly the same way as a Netflix account and with no contract it is our most flexible membership.

2 Annual Membership

Our annual membership offers the best value against monthly membership you get 12 months for the price of 10!

3 Senior and Student

Our discounted memberships for seniors (65+) and students (Proof required) are available both online and at reception.



Join our gym by clicking [here](#)



PERSONAL TRAINING AT HEBER LEISURE

...focused on You

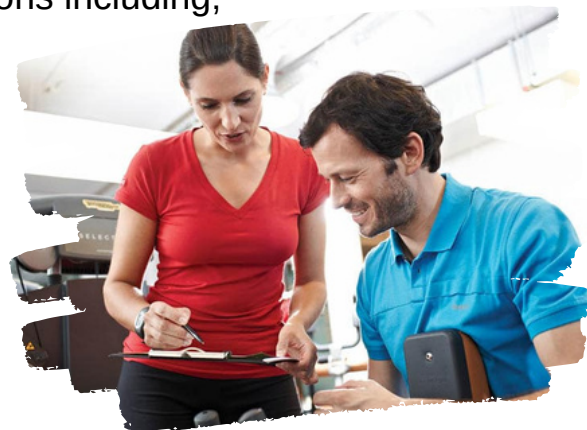


Personal training is a fantastic way to ensure you meet a specific goal or to help keep you motivated and working to the best of your ability. We offer a variety of training options including;

- One to one sessions
- Group training (Max of 4 people)

We also offer flexibility with how you can book your sessions including;

- Single sessions
- Block of 6
- Block of 8
- Block of 12



SINGLE SESSION

£20.00 each

BLOCK OF 6

£110.00 (Saving £10 against single sessions)

BLOCK OF 8

£140.00 (Saving £20 against single sessions)

BLOCK OF 12

£200.00 (Saving £40 against single sessions)

As a community facility we believe in making personal training affordable and accessible to all, and with these options we are confident that you will find an option that suits your needs and budget.

Whatever your goal, personal training is a fantastic way to help you achieve it, visit our website for further details or speak to a member of the team.

Introducing

Body Evolution 12 Weeks to a healthier you

Looking for something extra taking you to the next level?

Body evolution was created after training various people and thinking it would be a good idea to have a program that provides structure, support and guidance and takes away a lot of guess work as to what you should be doing in the gym. The program is based on 12 weeks of workouts across 4 phases, coupled with nutritional guidance and support and backed up with weekly reviews.

RACHEL'S SUCCESS STORY



THE PICTURE THAT SPARKED A CHANGE...

The picture here shows Rachel with one of her success stories in her former job as a driving instructor. The picture is of significance, because it is this picture that when she saw it, sparked a desire to make changes to her health. Rachel was my very first client and we first met in January 2014, she was by her own admission overweight, inactive and the one thing that has always stuck with me and made me determined to help her was that she said she was here because "She needed to save her marriage as well as her life"

By the time she plucked up the courage to come into her local ladies gym she had managed to shed a stone but knew she needed more support and to become more active. What followed was one of the best transformations and a process that sparked what has now become Body Evolution. Rachel as you can see eventually in 2015 weighed 13st 4lb, she not only quit her job as a driving instructor but she became a fitness instructor and then a personal trainer. She is now going from strength to strength working in her local leisure centre helping people just like you. If she can do it, anyone can!



Body Evolution 12 Weeks to a healthier you

ED'S SUCCESS STORY

SUCCESS IS NOT ALWAYS ABOUT WEIGHT LOSS AND STRENGTH...SOMETIMES ITS SIMPLY FOR PREPARATION FOR BIGGER ADVENTURES...LIKE PERSONALLY RAISING £17500 SO FAR...

Its safe to say that this was no ordinary guy, what I very quickly learned about Ed was that he is a very driven and passionate guy. His fundraising escapades have seen him take part in a phenomenal amount of projects, from the great wall of China, to earlier this year scaling the highest peak in North Africa Mount Toubkal, oh and just for fun he recently walked a marathon and later this year he will be walking the length of the normandy beaches!

Ed was very clear about what he wanted to achieve, he wanted to improve his fitness levels for the challenges ahead. Having completed one block of training, he is currently tackling a second block aimed purely at improving fitness levels.

Ed has gone from barely being able to run at a pace for longer than 2 minutes to now completing 2.5km runs and building fast, his strength has improved greatly from our first sessions also, and lets just say you dont get to stand at the peaks of Mount Toubkal without a level of fitness and determination. Ed is an inspiration to everyone, losing his father to dementia hit him hard, and after losing 8 stone prior to his passing, Ed is determined to start to lose some of what he has put on after comfort eating to get through the grief, but through his work and training he is well on his way to making a contribution that hopefully over time will help to make a real difference in the future.

Ed is proof that success is not always about the typical weightloss and instagram pictures, if he can, you can too!



Body Evolution 12 Weeks to a healthier you

JANE'S SUCCESS STORY



CONFIDENCE LOW, FRUSTRATED, AND LACK OF RESULTS...

Everyone has their reason to train and Jane is no different. In May 2017 she had just completed a weight loss challenge at her local gym, she was however still battling away both mentally and physically with her fitness journey and what she wanted to achieve. Traditionally due to the social aspect and group nature Jane had stuck largely to classes and supported this with the odd

personal training sessions as part of the challenge. She openly admitted she lacked confidence to use the gym on its own. In March 2017, Jane took a brave step and joined the Body Evolution program, wanting to build her confidence, improve her fitness and the way she felt about her body, particularly her abdominal area.

Over the next few weeks Jane supported by her trainer started to attend the gym and grew in confidence as the weeks went by, following phase 1 of the program stage by stage, improving her nutritional intake and having a "can do" attitude, Jane started to see results. Fast forward to March 2018 and she has dropped a fantastic 8.5kg and more significantly than that dropped her body fat by a fantastic 9.5%. She now attends the gym 4 - 5 times a week, and is currently working through phase 4 of the program, in Janes own words "She is finally starting to love her body again and feel comfortable in her own skin", there is more she wants to achieve, but 12 months really can make a big difference.

Body Evolution 12 Weeks to a healthier you

What results can you expect?

Results are dependent upon the level of commitment you make to yourself, your program & to the training, there is no quick fix solution, but we will be with you every step of the way as much or as little as you need.

Would you like more information? Then visit our website www.heberleisure.co.uk or speak to a member of the Heber Leisure

"The secret to reaching your fitness goals is to stop the excuses, get started & not give up, that's how success is achieved"

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JO'S SUCCESS STORY



FROM NERVOUS BEGINNINGS GREAT THINGS HAPPEN

Jo was one of the first enquiries we received for our summer bootcamp which was aimed to help people get into a good healthy routine using the Body Evolution program. Jo by her own admission was one of the people who would go so far but then in her words "Gib" out of pushing that little bit more out of fear of not being able to lift the extra load. How wrong she has proven herself to be. Jo has found that she really enjoys Barbell squats and Deadlifts and wants to push into heavier sets which can only benefit her in the long run, especially when looking to strengthen her body.

On the nutrition side, there has been work to do, not in terms of over eating but in under eating, understanding how foods can affect training performance. This has been one of the key areas of development for Jo over the weeks and she has developed her knowledge well.



Jo's goals when she enrolled were "To become stronger and faster with running I want to do a half marathon under 2 hours and a 10k under an hour", this is something that Jo herself has been working on outside of the gym, and in the gym a focus on strength performance has complimented these goals well. Jo has so far lost 12.5 inches and just under half a stone in weight, one of the key telling factors of her success is the excitement she had in her voice when she said she found clothes were fitting her better, a true measure of success!





FACILITIES AVAILABLE TO HIRE

At Heber Leisure we have a number of facilities that are available to hire either for yourself, your team or a group of friends. Our sports hall floor has recently been replaced and our hard court Tennis courts have recently been relaid making for an excellent surface. Our astro pitch is also floodlit and ideal for football and hockey.

OUR FACILITIES

SPORTS HALL

Our recently refurbished sports hall is suitable for a range of sports including Badminton, Short Tennis, Netball, Basketball, as well as hosting fitness classes.

FLOODLIT ASTRO PITCH

A full size Hockey pitch that can be split into 1/3rds for Football for both junior and adult clubs.

HARD COURT TENNIS AND NETBALL COURTS

During the spring and early summer our hardcourt area is available for Tennis and Netball.

FACILITIES AVAILABLE TO HIRE

All our facilities are available to hire throughout the year subject to availability. We are also able to cater for teams who play in organised leagues and would like to play their home fixtures at Heber Leisure.



CLASS TIMETABLE

We currently offer two classes in the week. Our classes cater for a range of abilities and ages, our eldest bootcamp attendee is 74!

Age restrictions apply - over 16s only

OUR CLASSES

FIT2BOX

Our Fit2Box class runs on Monday evenings and will be starting back in its new timeslot 7:00pm - 7:45pm on Monday evenings from August 2022 onwards. This class is a mix of boxing based work on bags, pads as well as with partners and is perfect to workout whilst improving fitness.

BOOTCAMP CIRCUITS

Wednesday evenings 6:45pm - 7:45pm

Our bootcamp class runs every Wednesday and has a vast mix both in terms of ages (16+) and ability. Stations are a mix of cardio vascular and strength work, but the most important aspect is FUN! This session is also free if you are a member!

To book onto our classes please visit our website to book online.



**POWER
PLAY**



**MONDAY NIGHT POWERPLAY
6-ASIDE FOOTBALL LEAGUE**



MALPAS LEAGUE

- 6 a-side mens football league
 - Seasons typically 15 weeks
 - Matches last 38 minutes each week
 - £31.00 weekly fee
 - Trophies and medals for the top team of each season
 - 1 division that splits into 2 halfway through
 - Players must be over 16 and registered captain must be over 18
 - Weekly online payments
 - Teams and individuals welcome
 - Footwear allowed: Moulded boots and Astro trainers
 - On-site facilities: parking/changing rooms/toilet
-
- View your stats, make payments and manage your team through the free Powerplay app for iPhone and Android

Follow our dedicated Powerplay North West page for updates in your area!

<https://www.facebook.com/PowerplayNorthWest/>

Signing up to this league only takes a minute - fill out the brief online form or contact League Manager James on 07917677282 or email James.Flack@powerplay.co.uk or alternatively contact Corey Whitton at corey.whitton@powerplay.co.uk



TILSTON NETBALL CLUB



Tilston Netball Club started life as a "Back to Netball" group, but the group grew very quickly and it became clear that the group wanted more than just weekly training. So Tilston Netball Club was formed and they continue to go from strength to strength playing games in an organised league and hold various training sessions throughout the year.

Tilston Netball Club train at Heber Leisure on Tuesday evenings between 6.30pm - 8pm and welcome players of all abilities, where a warm friendly welcome is guaranteed from Zoe and the other team members.



For those who want to play with that competitive edge, the team play in Wrexham Leagues 4Y on Monday evenings and are aiming to build on their early success.

If you would like to get back to playing Netball with a friendly and social group then get in touch you will be most welcome.

- Train on Tuesdays @ Heber 6.30-8.00
- Play in Wrexham Leagues 4Y on Monday evenings.
- Contact Zoe
- Zhughes0776@btinternet.com for more info!

TILSTON NETBALL CLUB

Malpas Juniors Football Club



Malpas Junior Football Club is an extension of the senior section and runs teams for the following age groups, under 12's, under 14's and under 16's, all the teams play in the Chester & District Invitational Junior Football League.

Weekly training sessions are held on Thursdays and Fridays (Depending on the age group you are in). We are always welcoming new players who wish to play football within a family orientated club.



If you are interested in joining one of the age group football teams at Malpas Juniors then please contact the club direct through one of the following:

Website: www.malpasfc.co.uk

Email: andy_malpasjfc@hotmail.co.uk

MALPAS JUNIORS
FOOTBALL CLUB

MALPAS GIRLS JUNIORS FOOTBALL CLUB

Malpas JFC Girls began in June 2021. We play in the Mid Cheshire Girls Football League on Saturday mornings. Following a successful first season, we are now going to increase in size. From September 2022, we will have an U14's Girls Team and an U15's Girls Team. If you will be in school years 8, 9 or 10 in September 2022 and have a keen interest in football, please get in touch



After a fine first season in the Cheshire Girls Football League, we have now expanded from one side to two ahead of the 2022/23 season. Any girls from current year groups 7, 8 or 9 who enjoy playing football and would like to be part of a team, should get in touch with us now to register in time for the new season.

Please feel free to reach out and contact us via any of the following

- Malpasjfcgirls@gmail.com
- Ed Jones - 07791 158205
- Sam Digby - 07999724027
- www.malpasjfcgirls.com/

MALPAS GIRLS JUNIORS FOOTBALL CLUB



FACILITY HIRE PRICES

AS OF 1ST SEPTEMBER 2022

ASTRO PITCH 1/3RD	ADULTS	£38.00 PER HOUR
	JUNIORS	£27.00 PER HOUR
ASTRO PITCH FULL PITCH	ADULTS	£97.00
	JUNIORS	£65.00
TENNIS COURT	PER COURT	£12 PER HOUR
BADMINTON COURT	PER COURT	£12 PER HOUR
1/2 SPORTS HALL	ADULTS	£25.00 PER HOUR
	JUNIORS	£20.00 PER HOUR
FULL SPORTS HALL	ADULTS	£40.00 PER HOUR
	JUNIORS	£32.00 PER HOUR

FITNESS SUITE - AS OF 1ST SEPTEMBER 2022

MONTHLY RCP	ADULTS	£18.00
	JUNIORS	£12.00
ANNUAL	ADULTS	£180.00
	JUNIORS	£120.00
STUDENTS & 65+		£12.00 PER MONTH
		OR
		£120.00 ANNUAL
PAY PER SESSION		£5 PER SESSION

How To Find Us



Heber Leisure
Bishop Heber High School
Chester Road,
Malpas,
SY14 8JD

Tel: 01948 880884

heberleisure@heber.co.uk

Follow Heber Leisure on
social media



Find us on 

Take advantage of our vouchers - simply present your voucher at Heber Leisure Reception.

**1 x Free
Gym Session**

T/C APPLY

**1 x Free Bring A
Friend Gym
Session**

T/C APPLY

**1 x Free 60 minute
Badminton Court
Session**

T/C APPLY

Take advantage of our vouchers - simply present your voucher at Heber
Leisure Reception when booking.

Terms and conditions: one voucher per person, subject to availability, no cash alternative. Body Evolution usual price is £250