

AUTUMN MEMBERS NEWSLETTER

Half term Opening

As it's half term we are able to open earlier. On weekdays during half term starting Monday 23rd of October we will open evenings at 4pm Monday to Thursday and from 3pm on Friday



Members Events

Grey Ranks Night of Boxing - Sat 4th November 2023, 7pm at Weymouth Pavilion - (3d Wey Valley are supporting). We have arranged a £5 discount for our members. The 3d fitness team will be attending.

Please let us know **ASAP** if you would like to join us. Spectator tickets only left at £15 a head



Christmas & Cocktails - Hopefully you have already seen the announcements. The full 3d Wey Valley Christmas Party experience is back!!!

7pm to Midnight, 44 Cocktail Bar Weymouth (Rear of Caffeine on the Esplanade)

We need minimum numbers by 22nd of November so please purchase tickets ahead from reception.

See our social media pages for more details on this event!



3d health
& fitness
WEY VALLEY SCHOOL

Ninja Warrior - Who would be interested in a club trip to Ninja Warrior Experience Southampton around Easter 2024? Thinking Mini-bus or a Coach if sufficient numbers. Just want to gauge interest at this stage.

Summer BBQ date set – Friday 5th July 2024 ... Pray for the right weather.

Use them or lose them.... Group Exercise Classes

Attendance numbers have taken a dip in August & September. We have already changed some classes & we also added more weekend classes from feedback received from members, but these are not being used on the whole.

| 3d health & fitness WEY VALLEY SCHOOL | | TIME | TITLE | LENGTH | INSTRUCTOR | LOCATION |
|--|---------|-------------------------------|---------------------------|---------|-----------------|-----------|
| MON AM | | | | | | |
| | MON PM | 5.30pm | YOGA & PILATES | 60 mins | Sara | Studio |
| | | 6.00pm | KETTLEBELLS | 30 mins | 3d Team | Gym Floor |
| | | 6.40pm | 3d STEP | 35 mins | 3d Team | Studio |
| | 7.20pm | AB BLAST | 20 mins | 3d Team | Studio | |
| TUES AM | 6.15am | FWU | 45 mins | Brett | Gym Floor | |
| TUES PM | 5.15pm | LBT | 60 Mins | Sara | Studio | |
| | 6.20pm | GET FIT NOT HIIT | 45 mins | Mel | PT Suite/Studio | |
| | 7.10pm | 3d PUMP | 40 mins | Joe | Studio | |
| WED AM | 6.15am | EARLY RISERS | 40 mins | Owen | Gym Floor | |
| WED PM | 5.30pm | 3d DIMENSIONS | 35 mins | 3d Team | Studio | |
| | 6.10pm | TABATA SPIN | 30 mins | 3d Team | Studio | |
| | 6.45pm | CIRCUITS | 45 mins | 3d Team | Studio | |
| | 7.30pm | STRETCH & FLEX | 20 mins | 3d Team | Studio | |
| THU AM | 6.15am | FWU | 45 mins | Owen | Gym Floor | |
| THU PM | 5.45pm | EXPRESS SPIN | 30 mins | 3d Team | Studio | |
| | 6.20pm | AB BLAST | 20 mins | 3d Team | Studio | |
| | 6.45pm | PUNCH FIT | 45 mins | Brett | Studio | |
| FRI AM | | | | | | |
| FRI PM | 7.05pm | SPIN & ABS (SPABS) | 30 mins | Owen | Studio | |
| SAT | 10.30am | SUSPENSION TRAINING | 30 mins | 3d Team | Gym Floor | |
| | 11.00am | AB BLAST | 20 mins | 3d Team | Gym Floor | |
| SUN | 10.30am | FTC | 45 mins | 3d Team | Gym Floor | |

Any class not hitting a minimum 50% attendance on the Autumn Timetable is at risk of being removed for the New Year Timetable in January.

Reduced timetable in December - we will reduce the number of classes to our core classes only in December as classes naturally take a dip as this is a busy time socially for people.

Refer a friend

We are happy to offer free trials of up to 3 visits for any friends, family or colleagues who attend with you, to help them see what a great club and community we are. Please contact reception. Remember if they join, to get them to complete a new joiner's feedback questionnaire and you will earn a free month membership per person that joins and is still a member in 3-month time!

Polite reminder on PT Suite/Consultation Area

You will have seen the new signs on the door. Please do respect people's privacy when Personal Training or one-to-one consultations are being carried out. There is no equipment in this area that isn't already available on the gym floor.

Newsletter Members Only offer

- Free DD Upgrade until 2024: add classes or gym to your membership for free until 2024. Just need to complete a DD mandate for price increase for 2024 and you get the rest of 2023 free.
- Annual membership bonus month - Join on an Annual membership before 1st of December and we will give you a bonus month free. So, 13 months for the price on 9, instead of the standard 12 months currently on offer.

Congratulations –

You have reached the end of the newsletter. Thank you for taking an interest in the great service and community we provide our members. As a reward mention the number **44** (the location of our Christmas party venue) to a member of staff for your chance to win one of 3 prizes.

- A free PT Session.
- A C4 Energy Drink of your Choice.
- A Large bottle of Grenade Protein Shake.

Only available until 31st of October.

Thanks for reading, your all up to date

DARE TO BE DIFFERENT

Nathan Wood

Club Manager

On behalf of the 3d Wey Valley Fitness Team