

Welcome to our quarterly newsletter keeping our active members up to date with everything going on around the club

Revised Opening Hours

With the new School Term upon us we have revised our opening hours to accommodate a new private booking.

As the first affected weekend approaches, we wanted to remind everyone of our revised term time gym opening hours.

Facility Hire is still possible at weekends until 5pm when booked in advance.

Main changes to previous...

Fridays Close 8.30pm

Saturdays Close 3.00pm

Sundays now Close 4.00pm

Last entry as previously is 30 mins before close.

All other hours remain the same.

Don't forget with a few coming up, Bank Holidays are 9am to 1pm gym only.

School Holiday Activities

We ran a successful trial of New School Holiday Activity Camps during the Easter Holidays in Partnership with Grey Ranks Boxing Club and Artifex Netball League



Each camp over 20 kids attended many part of the Easter in Dorset HAF Programme funded by the Council which provides free places, hot healthy lunches and activities to families in the Dorset Area.

Opening Hours

Monday – Thursday
Mornings – 6.00am to 8.00am
Evenings – 5.00pm to 9.30pm

Friday
Mornings – 6.00am to 8.00am
Evenings – 5.00pm to 8.30pm

Weekends
Saturday – 9.00am to 3.00pm
Sunday – 9.00am to 4.00pm

Bank Holidays (except Christmas)
9.00am to 1.00pm only (gym only, no classes)

School Holiday Opening Hours subject to change – please contact the club.

Last entry 30 mins before closing time. Due to safeguarding rules, no entry to public at all other times.





Activities and included meals are FREE for any child in receipt of benefit related free school meals. You will need to provide your Easter in Dorset passcode when booking.

To get your passcode, sign up now at dorsetcouncil.gov.uk/easter-in-dorset

Easter in Dorset is a programme that helps bring enriching activities and nutritious food to children eligible for free school meals during the school holidays

Another great addition to our community health & fitness portfolio supporting the Wey Valley Community. At the request of the council, we are specifically targeting older primary and secondary school aged pupils with our camps which were the most underrated represented age groups on the HAF programme before we got involved by offering sport specific 1-day camps.

There are already plans to run both Netball & Boxing Camps in the 1st 4 weeks of the 🏠 Summer Holidays on Thursday & Fridays and we will be aiming to add to the portfolio working with other local partners moving forward.

First Quarter Referral Prize

The first 2024 Bonus Referral Prize

A £30 Amazon Voucher concluded on the 31st of March. Please to announce the winner was Carly Brimacombe who was in the hat with a pair of referrals that meet the criteria.

In Quarter 3 our bonus Referral Prize is a MYZONE Switch Fitness Tracker, the most accurate and adaptable MYZONE product available on the market and a MYZONE Technical T-Shirt



To Qualify a new member just has to nominate you on their new joiner feedback questionnaire.

The qualifying period of 90 days only applies to the regular free month referral offer and not to this bonus prize!

Spring Class Timetable Changes

We are delighted to announce that post Easter Holidays we will be introducing a morning class with Swinn Indoor Cycling Master Instructor Lou Atkinson

Lou recently presented her unique style on indoor cycling instruction in places of Brett on a Thursday Night and brings a wealth of technical indoor cycling experience to 3d Wey Valley.

In the last week alone, she has been demonstrating Swinn Cycling Product and the latest bikes at the industry leading FIBO exhibition in Cologne, Germany.



CLASS TIMETABLE

	TIME	TITLE	LENGTH	INSTRUCTOR	LOCATION
MON AM					
MON PM	5.30pm	YOGA & PILATES	60 mins	Sara	Studio
	6.00pm	KETTLEBELLS	35 mins	3d Team	Studio
	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	5.30pm	LBT	45 Mins	Sara	Studio
	6.20pm	FUNCTIONAL TRAINING CIRCUITS	45 mins	3d Team	Gym Floor
	7.10pm	AB BLAST	20 mins	3d Team	Gym Floor
WED AM	6.15am	POWER HOUR	60 mins	Brett	Gym Floor
WED PM	6.00pm	TABATA SPIN	35 mins	3d Team	Studio
	6.45pm	SUPER CIRCUITS	65 mins	Brett	Studio
THU AM	6.15am	SCHWINN CYCLING	45 mins	Lou	Studio
THU PM	6.00pm	EXPRESS SPIN	35 mins	3d Team	Studio
	6.45pm	PUNCH FIT	45 mins	Brett	Studio
FRI AM					
FRI PM					
SAT	10.30am	FUNCTIONAL TRAINING CIRCUITS	45 mins	3d Team	Gym Floor
SUN					

Circuits will return to the Sports Hall, when possible, throughout British Summer Time too! Although please bear in mind there is a lengthy GCSE Exam period coming up. When this may not be possible, but fingers crossed we have the weather to take it outside!

New Website Design

Have you checked out our New fresh 3d Health and Fitness Wey Valley Website.

<https://www.3dhealthandfitness.co.uk/weymouth-club/>

The principle behind the new design was to simplify and declutter the website, make things easier to find, streamlining online purchases, booking, contact and applications, better visual representation of all our facilities and everything we do.

Comic Relief Thank You

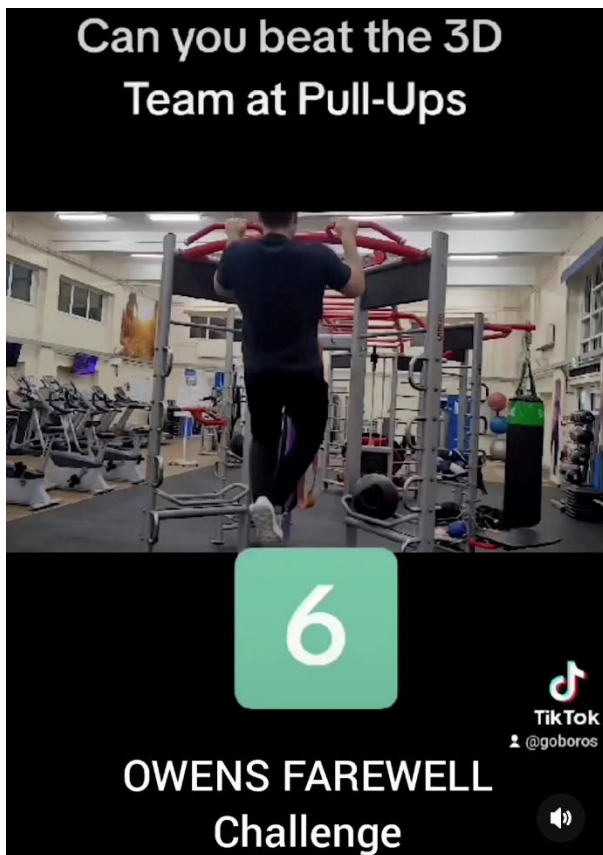
We had an amazing Comic Relief 2024 linking up with the 3d Leisure group wide challenge to cycle the distance from Lands' End to John O'Groats in just 4 hours...

Thank you to everyone that got involved, staff, members and even our resident Friday night speed and agility training session with Ridgeway FC Falcons

Together 3d Leisure achieved the target and we contributed 161.5 miles to the grand total (about a third of 1-way!) and raised £115.61.

A huge thank you to our one sponsor who contributed a £100 on our just giving page, and everyone that contributed to the loose change bucket on the day.

Gym Challenges & Muscle of the Month



Look out for our new Gym Challenges and Muscle of the Month.

Owen has set April's Challenge as a Farewell gift; we will be linking these all together with videos on social media and maintaining the leader boards. There is a new notice board area in the gym for this alongside the member of the month board, either side of the SKI ERG.

Beat Owens score of 10 Full Length Pull Ups and you can win a C4 Energy Bumper Pack (all 4 flavours!)

Every attempt goes into a draw for a free month & a drink from Owen at his leaving drinks on the 4th of May.

3d Team Changes

As you will already have heard, Alex has recently left the team and Owen is scheduled to depart at least in the short term (watch this space) on the 7th of May. Owen will be having leaving drinks at the Gloucester on Saturday 4th of May from 8pm. All past and present members, staff and clients are welcome to join us.

We are also pleased to welcome Jonty to the team. Jonty joins us having recently completed his Level 2 Fitness Instructor qualification with Weymouth College and is

aspiring to complete his Level 3 Personal Training qualification at 3d Wey Valley. He also brings a first honours degree from Solent University which will add to the repertoire of skills available to the team. We look forward to developing Jonty's Fitness Industry Skills over the coming months and introducing him to members and clients.



Completed it mate!....

As is becoming a tradition the first 3 people to mention our prize passcode at reception win a C4 Energy Drink, Grenade Protein Product or a free 1-day pass for friends or family

The passcode is: Daffodils

Thanks for reading, you are up to date!

Dare to be Different

Nathan Wood
Club Manager
On behalf of the 3d Wey Valley Fitness Team