

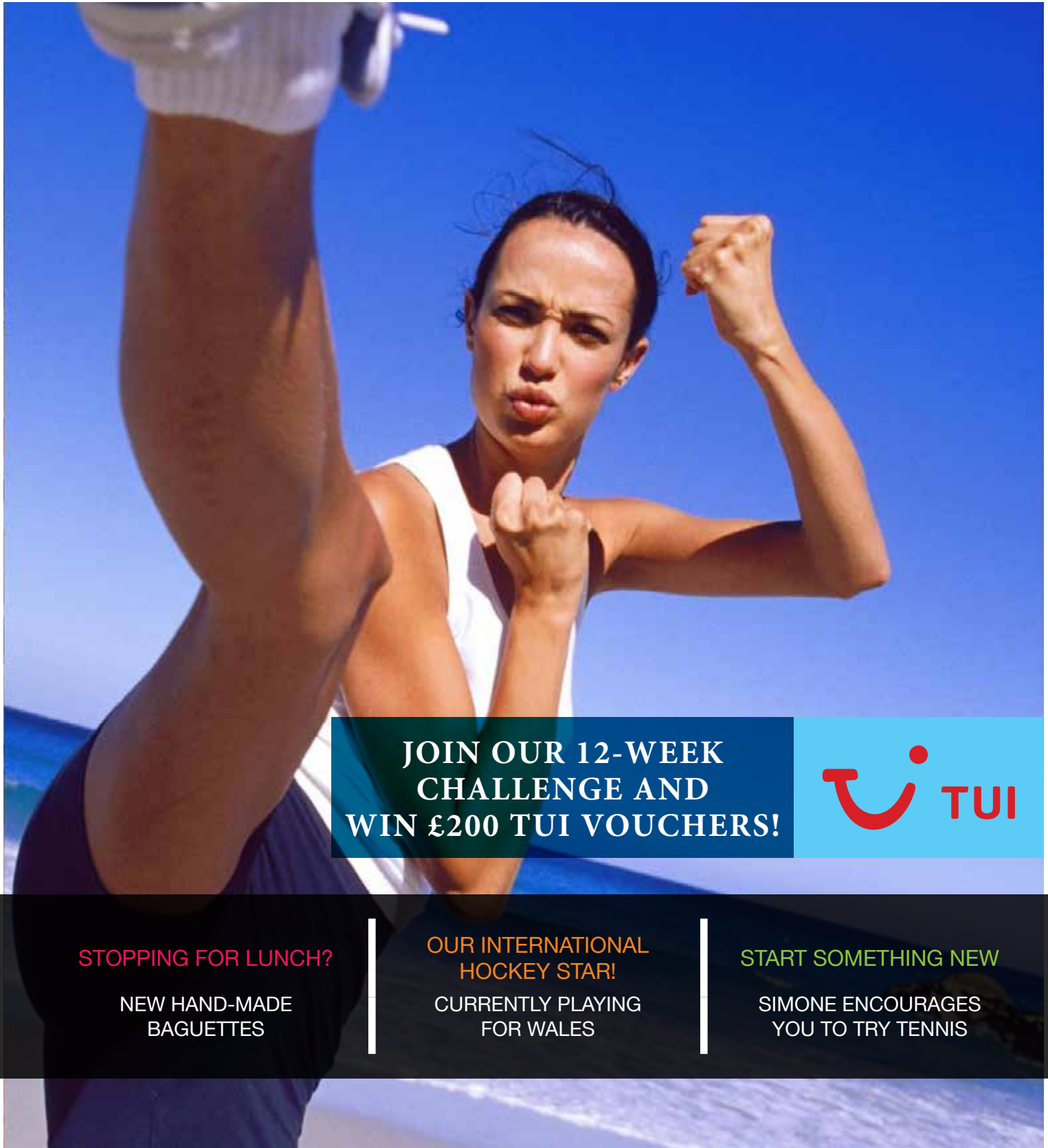


Venue 360

| BUSINESS | LEISURE | FITNESS | PLEASURE |

NO. 62
MARCH '22

VENUE CIRCULAR



JOIN OUR 12-WEEK
CHALLENGE AND
WIN £200 TUI VOUCHERS!



STOPPING FOR LUNCH?

NEW HAND-MADE
BAGUETTES

OUR INTERNATIONAL
HOCKEY STAR!

CURRENTLY PLAYING
FOR WALES

START SOMETHING NEW

SIMONE ENCOURAGES
YOU TO TRY TENNIS

Inside this issue:

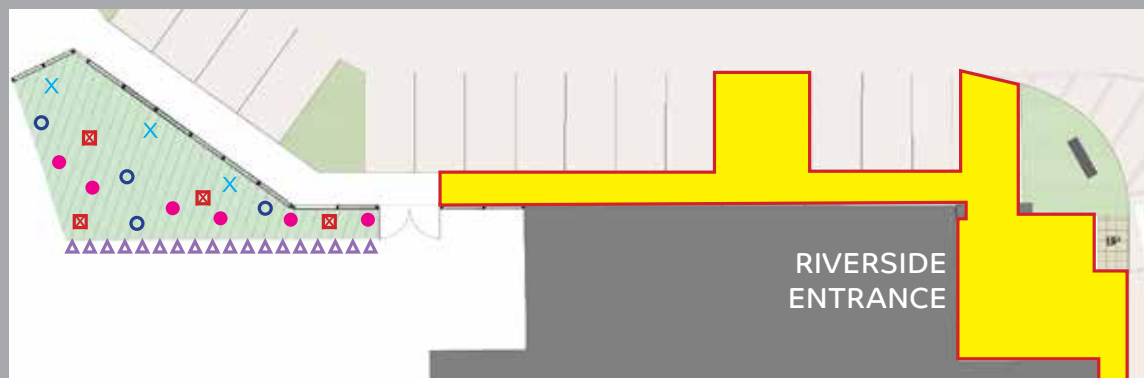
+ more

Aldi update

Ground works for the Aldi site have been completed with the foundations to the new store being finished off to accommodate the erection of the steel framework. Car park modifications started a week late, but are now progressing well with customers starting to get used to the new layout. The Riverside forecourt entrance will be undergoing quite an upgrade in mid-March, with smart new paving slabs being installed (see plan). To the rear of the

Riverside, the ornamental gardens will be re landscaped in June to provide a fantastic backdrop for wedding photos and help to separate / screen our site from Aldi. (see planting plan with key)

These two projects will greatly improve the exterior of our Riverside events facility and should assist in promoting this area of our business.



Conservation X
Textured Paving



X Amelanchier
Trees



X Prunus Triloba
Rosmund



O Lilac Syringa
Palibin



● Delphinium Pacific
Giant



▲ Munstead English
Lavender

Chrissie's charity walk



This March, Chrissie Stockings our Hospitality Manager is walking 10,000 steps a day throughout the month to help beat cancer, raising money for Cancer Research. This is in memory of her Mum who sadly passed away when Chrissie was only 15, her Step-Mum 15 years later, her charming Uncle Harry, and then her darling Brother 4 years ago, not forgetting her Grandad who she never got to meet and unfortunately many other family & friends.

1 in 2 of us will get cancer in our lifetime. We can all play our part to support the research that will beat it. Help Chrissie Walk All Over Cancer and fund life-saving research by visiting her page and donating, facebook.com/donate/340958627695552/

Introducing fresh hand-made baguettes

Stopping for lunch? From Monday 14th March we will be making hand-made baguettes with a choice of your favourite fillings; ham, cheese, tuna & sweetcorn, cheese & onion, egg mayo and salad.

Enjoy from just £3.60!



Pam joins our team!



We are delighted to introduce our new Fitness Instructor - Pam. Pam joins us with huge experience of the fitness industry and has already settled in really well. Why not introduce yourself when you pass, Pam would love to get to know our Lifeline members.

A note from Pam; *"My name is Pam I've been in the fitness industry for a long time. I'm from London. I compete in body-building competitions so fitness is my lifestyle. My passion is for helping people discover that health is not only about the weight you lose, it is about the life you gain."*

Our international hockey star!

Martin has been a Lifelines member for over 20 years and whilst a lot of you will recognise his friendly face, did you know he was an international hockey player?!

Martin first picked up a Hockey stick when he enrolled in the RAF as a teenager and his Commanding Officer spotted the potential in him immediately. Martin has played Hockey all his Life and currently plays for the Welsh over 75's national team and regularly competes against other nations, in fact over the years he has been fortunate to travel the globe playing hockey.

Martin said *"I have been going to the gym here for over 20 years and it is now almost a daily routine. I believe it is partly the reason why I can still play hockey. If I get an injury, I discuss it with an instructor and get recommendations that I can follow to heal and recover. It is not only the gym but also the whole venue that I appreciate, as an ideal setting for meeting up with people and social gatherings plus sharing sporting events"*.

The Lifelines team find it remarkable that he is playing top-level sport in his 70s and is an inspiration to us all! Well done Martin.



February Challenge Winners



Well done to Rokeya who was picked out of the lucky dip hat for completing the 100 squat challenge and will receive a Venue 360 T-shirt.



A special mention must go out to Bill Choudhury for completing 2800 squats, that's the equivalent to 100 squats every day throughout February, Bill will also receive a Venue 360 t-shirt.

March Challenge

Are you ready to start pulling?
– Let's do the grappler!

Shake up your daily workout routine and challenge yourself. See how many metres you can do in 1 minute on the grappler.

There will be a ladies and gents competition and the effort level will be set at 5 so why not give it a go!!



All top scores / completed challenges will be drawn from a hat – the lucky winner will win a Venue 360 t-shirt. Good luck!

Join our 12-week challenge and win £200 in holiday vouchers!

Have you booked a summer holiday and want to get in shape or are you just needing that all important kick up the back side to start exercising regularly again?

More of us than ever, are desperately in need of that motivation to get going again so Lifelines has come up with a special 12-week challenge to do exactly that. Better still, we have a £200 TUI holiday voucher up for grabs for whoever does best in the challenge. There is also a FREE one month gym membership for the runner up and a Venue 360 t-shirt for 3rd place!

Whilst the end goal is your personal fitness and health improvement, this promises to be a real team effort with instructors and fellow 'challengers' motivating you along the way.

So, give your fitness levels a kickstart – whether you want to lose weight, improve your cardiovascular fitness or tone up. You will have fitness assessments at the beginning and end of the challenge to see how you've improved. There will be two classes a week dedicated to the challenge, a monthly exercise programme throughout, home workout options, nutrition advice...

Are you up for the challenge with the benefits of a new you and the chance to win the fantastic prizes up for grabs? Sign up or find out more today! Email lifelines@venue360.co.uk or talk to a Lifelines instructor.

Deadline for signing up is 14th March. 12-Week Challenge starts 21st March 2022.

You must be a Lifelines member to sign up for this free challenge, but new members are welcome to join lifelines and get involved!

FOR ALL
LEVELS OF
FITNESS





Debs reaches 25 years with us!

Everyone's favourite Geordie recently joined Jon, Jason and Jackie in the 25-year club of service for Venue 360 / Vauxhall Recreation Club.

Debs started with us as a receptionist in 1997 and quickly formed a great duo with Jackie to which the foundation of our fantastic customer service over the years has been built on. Debs has also been a duty manager in recent years and the facility is operationally in good hands whenever she is on shift.

Venue 360 has been extremely lucky to have had such a dedicated and professional member of staff for so long, who always strives to exceed our members expectations and is always willing to do whatever is required of her.

Deb's bubbly personality has made her a very popular and likeable member of the team and is well thought of by the members and her colleagues/friends. Congratulations Debs, here's to another 25 years!!!!

Starting something new

COVID-19 and Lockdown has affected us all in many ways and a lot of us are still needing that push to get going again.

This wasn't the case for Simone Brown though, who has very much come out of lockdown, fully motivated, with the intent to take up a completely new sport.

Simone had never played tennis before but contacted Venue 360 to enquire about getting started when we came out of lockdown again in April 2021, she has not looked back since!



Simone started by booking onto our adult beginners 6-week coaching course and was soon booking individual lessons with our club coaches to learn and improve as quickly as possible.

Simone has continued with the 6-week adult courses, progressing to our improvers courses and has also joined our tennis club and is now an active committee member, taking up a really important role of dealing with all beginner enquiries.

Having Simone on the tennis committee has proved a great addition as it has certainly given us more insight into what it is like for a complete beginner and allowed us to listen to her and make some improvements to how and what we offer.

We would like to say a huge well done on how dedicated Simone has been in taking up a new sport, she is a great example in showing we can all do it.... if we put our minds to it!

"Joining the tennis community at Venue 360 has been the silver lining of the pandemic and I encourage everyone to give tennis a try." - Simone

Venue 360 welcomes archery & martial arts

G-Arrow Archery and Temple Martial Arts are the latest activity clubs to join Venue 360 and book out the sports hall for their community programmes.

G-Arrow Archery shoot every Sunday 5-6.55pm and Temple Martial Arts join us on Thursdays 5-6.55pm. Please see below more information on each group and how to join. For availability and hire charges please contact Marc Carter, **01582 748232** or email m.carter@venue360.co.uk

| G-Arrow Archery

Golden Arrow Archery Club is an Archery club based in Luton run by a small group of dedicated individuals. The Club was established with an intention of reviving the sport within the community. Whilst being a great sport for your physical health, archery also provides numerous benefits for your mental wellbeing. Golden Arrow have always focused heavily on promoting positive mental health and reducing the effects of stress in ones life, with a range of social activities organised throughout the year aimed at improving communication and increasing collaboration.



The Archery sessions take place at Venue 360 and the club has developed its own unique curriculum for children and adults combining functional fitness with traditional archery, incorporating innovative targets systems and games, making Archery enjoyable for all.

If you are interested in trying this new sport contact us on **07535 835204** or email info@g-arrow.co.uk

| Martial Arts



Temple Martial Arts Kickboxing is a family run Martial Arts Group. Our founder Mike Haig was a huge part of bringing Kickboxing into the UK.

We have classes all over the UK and have just opened new classes in Luton. Coaches Alan and Terri are father and daughter and work together to run classes for children and adults.

Martial arts teaches children confidence, self respect & discipline, all whilst being a fun activity to keep them busy! We train in a non-contact, fun, friendly environment.

For adults it's a great way to learn a new skill or pick up from where you left off! Our classes help improve fitness and stamina, all whilst learning to defend yourself and reduce stress.

Please find us on Facebook: Temple Martial Arts Kickboxing Luton or send us an email at coachterridelves@temple-martialarts.co.uk to book in for a FREE trial session!