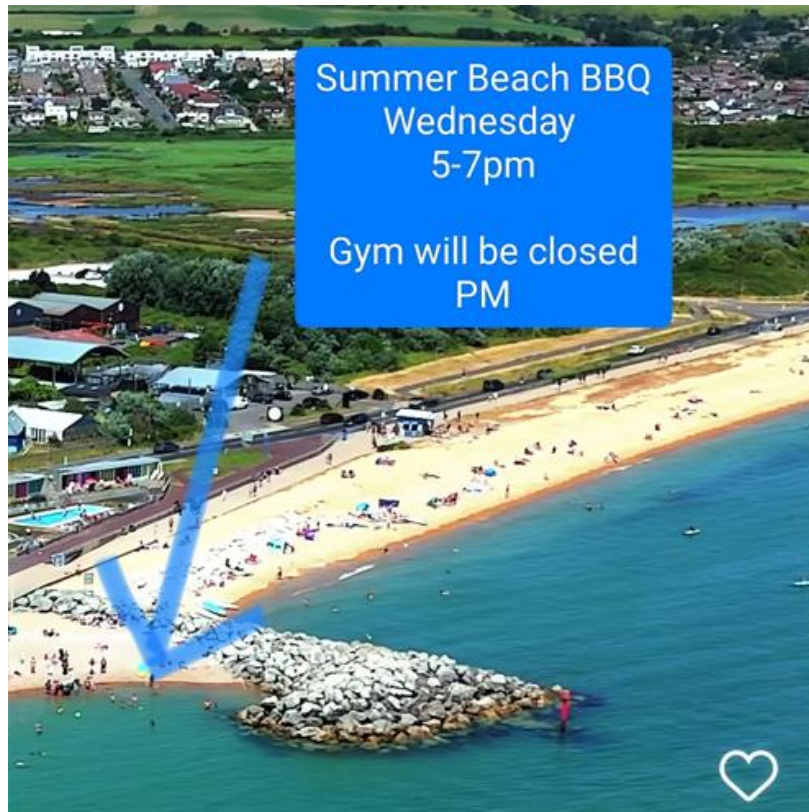


# MEMBERS SUMMER NEWSLETTER

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

## Members Events



Wed 10th July  
3d Summer Beach BBQ 5-7pm Greenhill Beach Groyne

Mon 22nd July  
St Nicks Primary end of school bash

Sat 3rd Aug  
Charity Lorry Pull - Portland

# MEMBERS SUMMER NEWSLETTER

**SUMMER SALT ISLAND BASH**  
**SATURDAY, AUGUST 3<sup>RD</sup>**

Children free  
Adults £1 (for charity)

**MIDDAY UNTIL LATE**  
The Old Cricket Ground, Grove Road

Free ICA bus service  
from Easton Square  
starting 12:00

Parking available £1

*For children*  
Townsend Fun Fair,  
Climbing Wall, Axe  
throwing and Archery  
supplied by A4E,  
Welly boot throwing  
and pony rides.

Stone Carving  
with Hannah from  
Portland Sculpture  
and Quarry Trust.

Lorry pull with prize.

*Pre-booked camping:*  
Tents £10.00 or Camper Vans £15.00  
please contact Pauline on  
07764883827 or email  
pauline.daniels@aaicare.com

*Food & Refreshments*  
Barbecue, bar and a  
variety of stalls.

*Music*  
Andy Collett, Llewelyn and Alexis, Tanya and  
Andy of Scaramouch, Thirsty Ferrets, Brian Paul,  
Jan Etheridge, Stella Brading, ending the day  
with Micky Biggs and the Night Owls with  
special guests.

To book a stall, volunteer and get more information, please contact:  
Maria Flack on 01305-860144 or email [maria.flack@btinternet.com](mailto:maria.flack@btinternet.com)

We need more members to get involved in the last event as we are hoping to have a mixed, male & female team for this event, we are currently still one short for this event. Should be a great social event which is on all day, not just the charity Lorry Pull!

# MEMBERS SUMMER NEWSLETTER

## Revised Opening Hours

With the Summer Holidays almost upon and following some recent member and staff consultations we will soon be revising our Weekend Gym Opening Hours.

From 20th of July, we will be operating weekend opening hours of 8am to 2pm. With 90% of attendance being in the morning at weekends after analysis, it made more logical sense to trial earlier weekend opening. The plan is trial up to Christmas & monitor the attendance figures compared to previous years before deciding if we are going to make these hours permanent.

### Summer Holiday Opening Hours from 23<sup>rd</sup> July to 31<sup>st</sup> Aug

Weekday hours will be

6-8am & 3.15-9.00pm Mon-Thu

6-8am & 3.15-8.00pm Fri

Sat & Sun 8am-2pm

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

Last entry as previously is 30 mins before close.

All other hours remain the same.

The Bank Holiday we will be open 9am to 1pm gym only.

## Summer Holiday Kids 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 and we are pleased to announce they are back for Summer 2024.

Each camp had over 20 kids attending, 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.


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After careful review and feedback of delivery staff, participants and parents, we have improved both the online booking system & now have 3 healthy menu choices for each camp provided by our caterers Loose Moose Catering.

## KIDS HOLIDAY CAMP

**NETBALL CAMP**  
School Years 5-8  
(23-24 Academic Year)

July: 25  
August: 1, 8, 15  
9am - 3pm  
Includes a hot healthy meal

 In association with South West Dorset Netball League Dorset County Council - HAF Funded Places

**Apply Now** 



3d health & fitness  
WEY VALLEY SCHOOL

**BOXING CAMP**  
Non-Contact Bags & Pad work only  
School Years 5-10 (23-24 Academic Year)

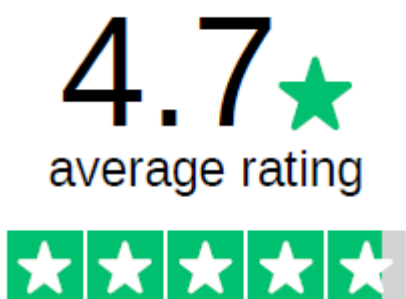
July: 26  
August: 2, 9, 16  
9am - 3pm  
Includes a hot healthy meal

In association with Grey Ranks Boxing Club Weymouth Dorset County Council - HAF Funded Places

 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/children-families/holiday-activities-and-food-programme](https://dorsetcouncil.gov.uk/children-families/holiday-activities-and-food-programme) 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 3d Leisure got involved by offering sport specific 1-day camps.



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If you have kid's that are year 5 upwards or know somebody that does, please recommend. During our Easter review we achieved a Parent/Guardian rating of 4.7 out of 5 across all review's questions.

## Quarterly Referral Bonus Prize

In Quarter 2 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 and referred members have until the **14<sup>th</sup> July** to complete nomination via the New Joiner Feedback Questionnaire <https://www.research.net/r/XS78R7C>



Quarter 3's (Jul, Aug, Sep) Bonus Referral Prize will be a £50 Amazon Voucher

## Summer Class Timetable Changes

Class Numbers have remained positive in the last few months with an overall attendance rate of 57% capacity in May & 58% capacity in June.

# MEMBERS SUMMER

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With the policy of removing or replacing classes which don't achieve our minimum 50% attendance, two months in a row, we have only had to remove one class - Tuesday Ab Blast for the Summer Group Ex Class Timetable.

We will be monitoring closely and if classes do inevitably drop off, especially during the school holidays, there may be some other short-term removal or replacements coming up.



**CLASS TIMETABLE**

	TIME	TITLE	LENGTH	INSTRUCTOR	LOCATION
<b>MON AM</b>					
<b>MON PM</b>	5.30pm	<b>YOGA &amp; PILATES</b>	60 mins	Sara	Studio
	6.00pm	<b>KETTLEBELLS</b>	35 mins	3d Team	Studio
	6.40pm	<b>3d STEP</b>	35 mins	3d Team	Studio
	7.20pm	<b>AB BLAST</b>	20 mins	3d Team	Studio
<b>TUES AM</b>	6.15am	<b>FWU</b>	45 mins	Brett	Gym Floor
<b>TUES PM</b>	5.30pm	<b>LBT</b>	45 Mins	Sara	Studio
	6.20pm	<b>FUNCTIONAL TRAINING CIRCUITS</b>	45 mins	3d Team	Gym Floor
<b>WED AM</b>	6.15am	<b>POWER HOUR</b>	60 mins	Brett	Gym Floor
<b>WED PM</b>	6.00pm	<b>TABATA SPIN</b>	35 mins	3d Team	Studio
	6.45pm	<b>SUPER CIRCUITS</b>	65 mins	Brett	Studio
<b>THU AM</b>	6.15am	<b>SCHWINN CYCLING</b>	45 mins	Lou	Studio
<b>THU PM</b>	6.00pm	<b>EXPRESS SPIN</b>	35 mins	3d Team	Studio
	6.45pm	<b>PUNCH FIT</b>	45 mins	Brett	Studio
<b>FRI AM</b>					
<b>FRI PM</b>					
<b>SAT</b>	10.30am	<b>FUNCTIONAL TRAINING CIRCUITS</b>	45 mins	3d Team	Gym Floor
<b>SUN</b>					

## Gym Challenges & Muscle of the Month

Look out for our new Gym Challenges and Muscle of the Month set by Jonty who has taken over this role vacated by Owen. For June our Muscle of the Month is BICEPS.

# MEMBERS SUMMER NEWSLETTER

There are also ongoing MYZONE & Members Challenges, with the Euro 2024 challenges set to conclude in the next week and a Summer 3d Clubs Summer MYZONE Challenge where we hope to Achieve a Gold, Silver or Bronze medal, so keep earning those MEPS.



## Muscle of the Month **BICEPS**

The biceps muscle has 2 heads, the long head and short head.

### BICEPS BRACHII

This muscle is responsible for bending the forearm back towards the upper arm so is involved in lifting and pulling movements. It also plays a part in supinating the forearm, turning the palms to face upwards or forwards.

The biceps muscles lie between the shoulder and the elbow. It is one of three muscles that make up the front (or anterior) part of the upper arm. It shares the space with the Brachialis muscle and the Coracobrachialis muscle.

The biceps muscle crosses the shoulder and the elbow, making it one of the few muscles that cross more than one joint.

### BRACHIALIS

This smaller muscle is located underneath the biceps brachii and on both sides. The brachialis assists with flexion of the elbow. One unique fact about this muscle is that it only becomes completely activated when the arm is being flexed but not actually moving.

## Sports Nutrition – Vending Machine Replaced

As you may already have noticed, the Vending Machine has been recalled by Lucozade, so we now have a branded QNT fridge for sports nutrition products in the gym instead. Please come to reception or speak to the team if you wish to make a purchase. We are hoping to have a new, more varied range of product lines available to try very soon...

## 3d Team Changes

Jonty has slid very nicely into the 3d Fitness Team since Alex & Owen's departure and continues to work closely with myself & Brett as he continues to train and complete a successful probationary period before confirming contracted hours and the start of his Level 3 PT apprenticeship.

# MEMBERS SUMMER NEWSLETTER



It's also been great to have Emily back as a regular for the summer, but with Emily relocating in September and some restructuring of hours, combined with Joe reducing his contract due to studies and other commitments, we will be recruiting another casual member of staff, so if you know anyone that may be interested, please put them in touch.

Requirements will be to work 2 mornings a week, Weekends on a 1 in 4 rotation and provide holiday and sickness cover. Ideally with a fitness qualification & in date first aid too.

## **Completed it mate!**

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

The passcode is obtained by putting together all the letters in **red** in this newsletter together to form the passcode!

Thanks for reading, you're up to date

**Nathan Wood**  
**Club Manager**