

MEMBERS AUTUMN NEWSLETTER

Welcome to the latest edition of the members newsletter...

Autumn Opening Hours

Opening Hours

Term Time Weekdays

Monday – Thursday:

6.00am to 8.00am & 5.00pm to 9.30pm

Fridays

6.00am to 8.00am & 5.00pm to 8.00pm

Bank Holidays

9.00am to 1.00pm

Term Time Weekends

Saturday & Sunday:

8.00am to 2.00pm

(Facility Hire available until 5pm by prior arrangement)

SCHOOL HOLIDAYS *(Except Christmas)*

Monday to Thursday:

6.00am to 8.00am & 3.15pm to 9.00pm

Fridays:

6.00am to 8.00am & 3.15pm to 8.00pm

Bank Holidays:

9.00am to 1.00pm

Facility Hire available all day during school holidays by prior arrangement

Autumn Class Timetable

	TIME	TITLE	LENGTH	INSTRUCTOR	LOCATION	
MON AM						
	MON PM	5.15pm	DANCIFY-KIDZ	45 mins	SJ	Sports Hall
		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^a	45 mins	3d Team	Gym Floor	
	6.30pm	DANCIFY-FIT^o	45 mins	SJ	Studio	
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	
	8.00pm	FIT TOGETHER[*]	45 mins	Brett	Studio	
FRI AM						
FRI PM						
SAT	10.30am	FUNCTIONAL TRAINING CIRCUITS	45 mins	3d Team	Gym Floor	

*Fit together is a 12 week subscription only course. Enrol by 19th September - ask a member of the team

3d health & fitness
WEY VALLEY SCHOOL

Book Dancify-Kidz Here



^aTuesday class runs once every 4 weeks during Autumn/Winter

^oRuns 3 out of every 4 weeks through Autumn/Winter

Book a Class Here



The Autumn Class Timetable is now live with a great mixture of brilliant well-planned classes to get involved with; we are confident that there is a class for everyone!

We have the return of Schwinn Cycling with Master Instructor Lou Atkinson on Thursday's 6.15am, Using a coaching-based approach & authentic cycling techniques, this class is about you achieving your maximum potential.

We would also like to welcome SJ from Dancify South who will lead Dancify-Kidz on Monday evenings at 5.15pm and Dancify-fit on Tuesday evenings at 6.30pm.

“Love the beats, street dance fitness featuring hip hop, street, commercial and dancehall style with the freedom to lose yourself in the moment.”

Useful Links:

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

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

National Fitness Day



This year for National Fitness Day from 17th – 19th September 3d Leisure gave everyone the chance for a gym pass to use our facilities for free or to join in on our classes during the Freebie on 3d 3 days of open days, We would like to thank everyone that got involved and those that referred a friend. We featured heavily in 3d Leisure's coverage of the event and had record guest pass & class take-up during the event including some free tasters of new and upcoming classes.

During the week we also launched our new record breakers challenge, see the club records board in the PT Suite & Consultation area. If you think you can break a record or set a new one please feel free to ask for an on shift instructor to witness your new record!

Members Events



Who would like to join us for the members Big Night Out on The 4th of October? Rumour has it we may have a surprise guest!

Sticks and Bones Weymouth, on Friday 4th October from 6pm

Fancy a Good Boxing Night at the Pavilion with our Corporate Partners Grey Ranks Boxing Club. They always put on a fantastic show showcasing Weymouth's boxing talents! Get suited and booted for this dinner event On the 7th December.

Ideally if we can get the numbers we will look to get a sponsors/hospitality table.



This year we will be continuing with the Infamous 3d Wey Valley Christmas Party where staff and members meet up for food and drink and celebrate Staff and members achievement's. Date and venue to be confirmed although provisionally Friday 20th December has been earmarked!

Please let the team know and add you name on the white board in the main gym if you're interested in attending any of these events.

Kids School Holiday Camps

Over the October Half Term School Holiday, we will be looking to bring back the kid's camps, including a new themed camp with Dancify-South, see below:

JUNIOR NETBALL CAMP 
with SW Dorset Netball League

Thursday 31st October

9am-3pm

School Years 3-6

£30
with own Packed Lunch

£35
with Healthy Hot Meal



BOOK HERE 

THE NIGHT BEFORE HALLOWEEN 
dancify KIDZ

HIP-HOP HORROR DANCE CAMP
with Dancify-South

Wednesday 30th October

11am-3pm

School Years 3-8

£20



BOOK HERE 

BOXING CAMP 
with Grey Ranks

Friday 1st November

9am-3pm

School Years 5-10

£30
with own Packed Lunch

£35
with Healthy Hot Meal



BOOK HERE 

To Book please use the link
<https://3dleisure.childcare-online-booking.co.uk/>
or QR Code below:



Member Referral

Have you referred any family, friends and colleagues this quarter?

Just today remaining on our Quarter 3 Friends Referral Prize - you could scoop a £50 Amazon Voucher!!! This is on top of the standard free month reward if your referred friend remains a member after 90 days

Terms & conditions apply

Nominations on new joiner feedback surveys

Current Offer

GET ACTIVE this Autumn is our current offer!

3 months Gym from £49.99

Tell your friends. Available Online

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

Want to include classes? Just £5 more a month

Enrolment Fees Apply

Corporate Rate available



Fit Together

3d health & fitness
WEY VALLEY SCHOOL

FIT TOGETHER 12 week programme **£70**

A GROUP LED FITNESS PROGRAM

Mental Health *Health*
Confidence *Strength*
Support *Fitness*
Positivity

3dhealthandfitness.co.uk

Fit Together is a 12 week weight management and mental well-being programme.

Whether you are looking to lose weight, gain muscle or improve your physical and mental well-being.

Includes:

- Trial Myzone Belt 
- 12 weekly programmes
- 12 x 1 hour sessions
- 15 minute weekly fitness class
- Nutritional Information
- Tips on making healthier life choices

Course costs £70. You must have an active 3 month gym and classes membership. OR add a £25 bolt-on to your membership for 3 months.

01305 817072 | cmwv@3dhealthandfitness.co.uk

Fit together is a 12-week weight management and fitness well-being programme, whether you are looking to lose weight, gain muscle or improve your physical and mental well-being this could be the course for you.

We have already delivered 1 successful course where our members smashed their personal goals in losing weight and dropping cm on all body parts with all clients providing really positive feedback.

3d health & fitness
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We only have 2 spaces left for the new course if you are interested then please speak to a member of staff on the front desk. It's due to start very soon

Staff Changes

We would like to wish Emily Seymour good luck on her new venture as she relocates to Plymouth, all the staff wish her the best of luck with her new PT Business.

We have a new member of staff that we would like to welcome to our team here at 3d Health and fitness Wey Valley, Stephen Carter. Please make sure you all make him very welcome by saying hello and inducing yourself!

Feedback & Reviews

As mentioned previously we are always open to constructive feedback regarding any aspects of the club. We now have Facebook reviews plug in link on our website homepage, so would be great to get some more current reviews on there, you can also leave reviews direct on Google which significantly helps boost the clubs profile and ratings online, we will soon have a tap and review plaque in reception. There are also feedback QR codes for various aspect of the clubs operation around the club

Please only feedback to staff if this feedback is requested. If you have any constructive criticism or concerns, please also feel free to address them with the management team, myself of Brett.

You should also have the annual 3d Leisure Members feedback survey request landed in your inbox in the last 24 hours. If you are not receiving these communications, please ensure your contact details and preferences are up to date and that our club e-mail cmwv@3dhealthandfitness.co.uk and our automated e-mail address which comes from WeyValley3dHealthandFitness@gladstonego.cloud added to your contact list and not listed in your spam/junk list so that you are receiving communications.

Date for you Diary

Unfortunately, this Thursday 3rd of October we will be closed in the evening for gym, classes and external bookings due to the Wey Valley Academy Open Evening. Sorry for any inconvenience.

That's it your all up to date. To claim the usual reward for getting to the end of the newsletter please say the statement "How you doing my little pumpkin" to a member of staff. 1st 3 to do so will get rewarded with delights from the QNT Sports Nutrition Fridge.

Keep promoting the club, recommending to friends, family and colleagues and let's all have a healthy, fit and energetic build up through Autumn and into the festive season.

Best regards

Nathan Wood
Club Manager