



WELCOME TO OUR

◆ Summer Newsletter ◆

Welcome to our summer newsletter,
keeping our members up to date with
latest news in and around the club!

NEW EVENTS: 3DROX- Sat 19th July
Brett's Bootcamp - Starts week of 28th July

3d health
& fitness
WEY VALLEY SCHOOL

In this newsletter you will find:

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Summer holiday opening hours, info on our brand new
events + more!

Summer holiday opening hours

Summer Holiday Opening Hours from
21st July to 29th Aug:

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

6-8am & 3.15pm-8.00pm Fri

Sat & Sun 8am-2pm

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

Bank holidays we are open 9am to 1pm,
gym only.

OPENING
HOURS

Quarterly referral bonus prize

OUR BONUS REFERRAL PRIZE IS 3 MONTHS FREE
MEMBERSHIP

**3 MONTHS
FREE.**

To be in with a chance to win you must be nominated by a new member 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 31th July to complete nomination via the New Joiner Feedback Questionnaire

<https://www.research.net/r/XS78R7C>

Follow us on

Instagram - 3dhealthandfitnessweyvalley

Facebook - 3d Health & Fitness Wey Valley

Tiktok - 3d.health.wey.valley

3d health
& fitness
WEY VALLEY SCHOOL

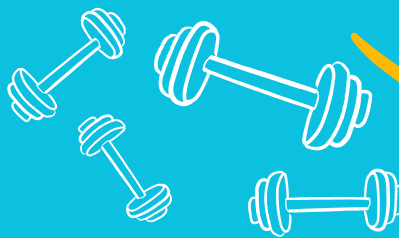
Our Summer timetable

	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
	6.35pm	3d SPIN	35 mins	3d Team	Studio
	7.15pm	ABS BLAST	30 mins	3d Team	Studio
TUES AM	6.15am	FWU	45 mins	3d Team	Gym Floor
TUES PM	5.30pm	LBT	45 mins	Sara	Studio
	5.30pm	3d LIFT	45 mins	Jonty	Gym Floor
	6.20pm	DANCIFY-FIT	45 mins	SJ	Studio
	7.15pm	3d PUMP HITT	35 mins	Jonty	Studio
WED AM	6.15am	POWER HOUR	45 mins	Stephen	Gym Floor
WED PM	6.00pm	TABATA SPIN	35 mins	3d Team	Studio
	7.00pm	SUPER CIRCUITS	60 mins	3d Team	Gym Floor
THU AM	6.15am	FWU	45 mins	3d Team	Gym Floor
THU PM	5.25pm	DANCIFY-KIDZ Yr 2-5	45 mins	SJ	Studio
	6.00PM	3d ROX	60 mins	Brett	Gym Floor
	6.10pm	DANCIFY-KIDZ Yr 6-9	45 mins	SJ	Studio
	7.00pm	3d STEP	35 mins	Brett	Studio
	8.00pm	FIT TOGETHER**	60 mins	3d Team	PT Suite
FRI PM	6.20pm	PUNCH FIT	45 mins	Brett	Studio
	7.15pm	3d DIMENSIONS	45 mins	3d Team	Studio
SAT	10.30am	FUNCTIONAL TRAINING CIRCUITS	45 mins	3d Team	Gym Floor

With the policy of removing or replacing classes that do not meet our required 50% attendance, we have had to say goodbye to our Schwinn cycling class. A massive thank you to Lou for her time and effort in this class!

However, we have also added two BRAND NEW classes! 3d LIFT and 3DRox are in full swing! Be sure to check these awesome classes out!

3DROX EVENT



Join us for a high-intensity HYROX-style event combining running and functional fitness stations. Free entry for silver+ members. £8 for bronze and non-members.

Top male + female prize = 1 month free membership

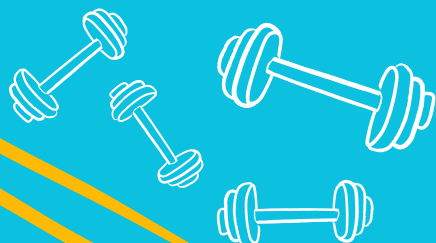
2nd and 3rd prize = Protein bar

Certificates for all

9am - Female
10am - Male
11am - Female
12pm - Male
1pm - Female
2pm - Men

Race structure:
1000m row
25 rope pulls
1000m ski-erg
50 wall balls
50 slam ball burpees
1k run
100 sandbag lunges
50 farmers walks

Booking available online - 4 slots per hour.



**Sat 19th July 2025
9am - 3pm**

Kids summer holiday activities

Sadly, there will be no kids camps this summer. However, we will be putting some on at Christmas time.

Brett's Bootcamp

A high-intensity group workout session designed to build strength, endurance, and overall fitness through a combination of cardio, strength training, and bodyweight exercises.

Wednesdays from 30th July

Sports hall

7pm

£5.00 Non-members

£4.00 for members

Three strike policy

In the coming weeks Gladstone will introduce the 3 class strikes in a month which will result in a member being banned from booking future classes for a week. This banning can be controlled in club where the ban can be removed if required. For example, if a member forgets to scan their card.

The first 3 people to show us they follow us on Instagram or Facebook at reception win a free drink or protein product or a free 1-day pass for friends or family.

Follow us on

Instagram - 3dhealthandfitnessweyvalley

Facebook - 3d Health & Fitness Wey Valley

Tiktok - 3d.health.wey.valley