



Venue 360
business | leisure | fitness | pleasure

This year, let's do it together!

6 Ways to make 2019 one to remember

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Thank you for being part of venue 360 during 2018. You came in, you worked & partied hard and we literally had a ball! Look on page two for some of the great holiday season parties we had in December! But now it's time to make goals and plan the new year ahead! Every month in our newsletter, Lifelines health club writes about the success of their members and we never have enough space to fit them all in! This year we have decided to help you start your journey with some interesting and inspiring ideas! Look out on our Lifelines page for more gym related ideas and challenges.

1. Pick a goal that excites you and remember Challenges Are Great Things!!

Achievable goals are well-thought-out goals. You want to **think about what is important to you and what you want out of life**. Remember you will spend a lot of time working towards them, so make sure they are enjoyable and can become part of your life for long term.

2. Create a master plan

Next you need map out how to achieve your goals. Maybe you'll have to wake up an hour earlier to write your best-selling novel, or spend two lunch hours a week visiting a gym or pick up a new Sport! In our Lifelines health club every member gets a tailor-made training programme depending on how much time you have in hand and what goals you want to achieve! **We also encourage you to have your body fat and fitness levels tested with us in January to be able to compare them throughout the year and ultimately in December 2019!**

3. Take baby steps

When you break your goal down into smaller parts, it becomes more controllable, less daunting and you will be less likely to fail. **Plus each time you overcome a challenge, it becomes that much easier to do it again in the future!**

4. Call in the reinforcements

Join a group of other like-minded people, team up with a good friend, try a new exercise class, hire a coach or otherwise include people with a similar goal and keep each other accountable! As a bonus, if your goal is to improve your health, **look into our Refer a Friend program in the gym and save some money at the same time!**

5. Keep your eye on the ball

Keep goals on your wall, at desk and in your planner, make vision boards. Check into them often, make adjustments, and check goals off your lists.

Lists not your thing? Why not get friends or colleagues together for a weekly 5-a-side, join our tennis club, or become part of our squash league?

6. Reward yourself

To stay focused on your 2019 goals and be motivated for the long haul, celebrate your successes. It could be by trying something new for a first time, something a little naughty (in Venue 360 we love a cheeky Gingerbread Latte, Hazelnut Hot Chocolate or **Salted Caramel Cappuccino** from our Balcony bar), book yourself a relaxing aromatherapy massage or maybe finally book that beach holiday to show off all your hard work!



Some of the popular resolutions:

1. Exercise more
2. Lose weight
3. Get organized
4. Live life to the fullest
5. Save more money
6. Quit smoking
7. Travel more
8. Learn a new skill or hobby
9. More time with family & friends
9. Read more



Lifelines open day!

Sunday Jan 20th 10am-4pm

Try our facilities for FREE!

On the day joining offers!



venue360.co.uk
20 Gypsy Lane, Luton,
Beds LU1 3JH
Tel: 01582 418873
enquiries@venue360.co.uk

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Venue 360
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Venue 360
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Venue 360
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Venue 360
balcony café bar

New team members for 2019

We now have a few more team members who have joined us over the past few weeks.

Please welcome, Aimee, Shaz, Dan, Louis & Paul

Well done to all our hospitality staff

We would like to say a massive thank you & well done to all our staff that worked so incredibly hard over the festive period to ensure our events ran smoothly & all guests enjoyed themselves. Here's to another fun & exciting year for the team.



Big thankyou to all of our Balcony Bar Customers that have donated to the charity box, £25.50 raised.

After working hard at lots of Christmas parties over the festive period, our staff got to enjoy a Christmas party of their own. As you can see they very much enjoyed themselves & deservedly let their hair down.



Staff Christmas party

Christmas Party Feedback

We received some lovely feedback following our Christmas Joiner parties. Here are just a few comments from our guests..



"We had a fantastic time, and everything went smoothly"

"We had a brilliant Christmas party night at The Riverside Suite on Saturday and many of our party commented on how well organised it was.

The staff were very efficient on the night, great food, bar service & music and the majority of us were partying until the very end.

I understand how challenging your job must be to organise these events for such large groups of people and I want to thank you and Leanne for doing a brilliant job. You were always very helpful when I rang or emailed with queries I had and I want to thank you for adapting a couple of the meals to suit a couple of guests in our group. They were very appreciative of this and enjoyed their meals.

I would recommend the venue for a party and thank you again"



"We had a great time thank you. The food and atmosphere were good"



Best Christmas Photo Competition

Before Christmas 2018 becomes a complete blur in people's minds, we'd like to thank all of those who attended our fantastic Christmas parties. In total we had 2,404 revellers through our doors!

To add a bit of fun to the proceedings, we ran a "Best Christmas Photo" competition to win a bottle of bubbly..

Thanks for posting all of your entries! To see a selection of these, please visit our Facebook page! We're delighted to announce that the winner is.....

The team at Dawn Sawyer Fitness! Congratulations guys!!!

"Everyone had a great evening. The food was very good and the venue was very tastefully decorated"



Venue 360

riverside events & conferencing



Venue 360
lifelines health club

The Popular Lifelines quiz is back for the New Year and will be starting at 7.30pm on Friday 15th of February at the Balcony bar.

We have a limited space of 16 teams and have a sign up sheet on the Lifelines notice board so would like to encourage members to sign up now to avoid disappointment!



Quiz Night Is Back!

Fantasy Football

| Pos | Team | Total Points |
|-----|---|--------------|
| 1 | westbury utd Keith Head | 1290 |
| 2 | CARLC95 Carl Caruana | 1275 |
| 3 | ScragAFC Craig Hackett | 1241 |
| 4 | LLPVS Keith Gordon | 1240 |
| 5 | A14 VOT Ryan O'Toole | 1191 |
| 6 | King Salah Christian Burke | 1184 |
| 7 | Brighton Rocks Annie Lovell | 1153 |
| 8 | JLuch Joe Luciano | 1150 |
| 9 | Lallanas in Pyjamas Iain Ashton | 1146 |
| 10 | With a little help Christine Hunter | 1145 |



10 ways to help improve your fitness and reach your goals!

All of the below are offered as part of your monthly membership so speak with a Lifelines instructor when you are next in the gym.

- 1 Book in for Body Fat Test
- 2 Check your blood pressure
- 3 Get a new structured Program
- 4 Book a Free personal training session
- 5 Try a new exercise class & bring a friend for free
- 6 Book in a New treadmill fitness test
- 7 Get Weight recorded
- 8 Body measurements recorded
- 9 Consultation on Diet & nutrition
- 10 Book an off peak Badminton or squash court



Start 2019 with a New Year Challenge for Local Charity

Member Maddy Iszchak is arranging a fantastic 30 Kilometre sponsored walk along Dorset's beautiful and dramatic coast and would like Lifelines members that maybe interested to take part. The charity Level Trust is working to help children living in poverty in Luton to get a level change at School. The event starts on Friday 5th of April to the Saturday 6th of April and we can start your training program here at Lifelines immediately. If you would like more info please contact Maddy at www.charitychallenge.com/expedition/2888/jurassic-coast-challenge-level-trust



If this challenge is not for you then there are 100s of different challenges you can set yourself to improve your health and fitness. You can start with entering our monthly gym challenge or shoot for the stars and look online for bigger challenges that you can enter and train towards. Have you thought about running the marathon? Entering Tough mudder? Doing the London to Brighton bike ride? All of these are great challenges to inspire and motivate you, that no only enable you to raise money for a worthy cause but also significantly improve your health and fitness.



New Fitness Test Available – do this in January and aim to improve by March!

We are encouraging members to take the new Treadmill fitness test which is a 13 minute brisk walk up a steep incline with speed and incline depending on your heart rate. We can record your fitness score and give you a printout showing how well you have done before re-doing this test throughout the year to see your improvement. If you are interested please ask a member of staff to get you started.



Santa' Bike challenge

Well done for everyone that took part in this December's challenge with several members achieving unbelievable amounts of distance over the month. We had a lucky dip to pick out a member who entered the challenge to win a t-shirt and that member was Asghar Ali so well-done him.



Venue 360
sports facilities

Monday Night Football

Our first session at 4:15pm is now full but we still have a few spaces left on our 5:15pm 6-8 years olds session. We offer expert coaching from Ryan O'Toole (FA Level 2), so if you are looking to get your child into football then book them onto our latest course. You can also join the course a few weeks in at a reduced price. **For more information or to book, please call reception on 01582 418873.**



Saturday Morning Kids Football

Warm up this winter and take advantage of our 3-4 year olds football session being indoors! We will be indoors until the end of March so enjoy our heated sports hall through these chilly months. The 5-6 year old session will still be outdoors but please also bring indoor trainers each week as numbers allowing, this session will also go inside in extreme weather conditions.

New facebook group – keep up to date with any last minute changes or important news by joining our very own Saturday morning football facebook group

www.facebook.com/groups/Venue360kidssaturdayfootball/

January Offers!

- **Bring a friend for just £1!** Let your child bring a friend who hasn't been before and show them how good they are. Just mention at reception you have brought someone new and they will book them in for just £1.
- **Parents can also benefit with our football and hot drink deal.** Book your child onto the football and receive a hot drink from the balcony cafe bar for just £4.95 members and £5.95 non-members! Just take your receipt up to the Balcony cafe and they will issue you any **hot drink for just £1.25!**

Winter Cricket Net Block Bookings

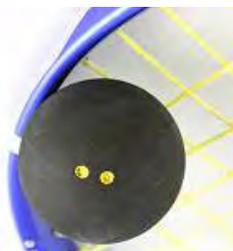


With the cricket season fast approaching look no further than Venue 360 to book in your pre-season training. We have 2 lanes complete with nets and stumps. We have block bookings available on Tuesdays, Wednesday and Thursdays at 10pm. This is usually a 50 minute booking but as this is the last booking of the day you will get 60 minutes for the price of 50 minutes. Please contact Marc for further details on **01582 748232** or email m.carter@venue360.co.uk.

Squash Coaching Course

Fancy starting up playing squash? Do you currently play squash and would appreciate some extra help? Well look no further as Venue 360 are starting up our first squash coaching course. These courses are available for current squash league players, Venue 360 members and non-members. It will be every Sunday for 6 weeks starting from Sunday 3rd February to 10th March. We have a beginners course running 2:30-3:30 and an intermediate course 3:30-4:30. So, if you're interested, make sure you book yourself in at reception on 01582 418873 as spaces are limited to just 8 per course. All coaching will take place by Sean Davies who is a fully qualified squash coach.

- **Squash members £18**
- **Venue 360 members £24**
- **Non squash members £30**



Children's Holiday Activities Goes Online!

We are pleased to inform you that our children's holiday activity bookings for February half term will be available to book online via our website, www.venue360.co.uk/kids-online-bookings

Please see below February timetable of what we have on offer for children aged 6-12 years old. Choose from Football Fun Zone or Sports mania with **8 hour and 5 hour options available** to suit all, plus at **reduced rates for this half-term** (sibling discount also available). Sportsmania will be action-packed as usual with sports & quizzes and take place indoors, whilst our football fun-zone will be on our fantastic pro-zone 3G pitches and lead by FA qualified coaches. There is indoor provision for football in the event of bad weather and hot food options available for those not bringing packed lunches.

Football

Option 1
8.30-4.30pm
Weekly - £80 / £83
Daily - £18 / £19

Option 2
10.00-3.00pm
Weekly - £60 / £63
Daily - £15 / £16

Sportsmania

Option 1
8.30-4.30pm
Weekly - £80 / £83
Daily - £18 / £19

Option 2
10.00-3.00pm
Weekly - £55 / £58
Daily - £14 / £15



10% sibling discount on 2nd child booking on weekly 10-3pm or 8.30-4.30pm options.

Mini & Junior Tennis Coaching

With Venue 360's excellent all weather carpet courts, and boasting the **ONLY** permanent indoor courts in Bedfordshire, our tennis programme continues throughout the year! Our dedicated team of coaches continue to visit numerous primary schools across Luton, introducing tennis to hundreds of children while on lookout for the next Andy Murray or Serena Williams! We have had numerous success stories over the years including **Melissa Winchester**, who started on our development programme 5 years ago, and is currently Bedfordshire's 12U Number 1, and has just broken into Britain's top 100 for the first time. "Both Melissa and Matthew (younger brother) love their tennis here at Venue 360, whether its representing Luton & Vauxhall TC, attending their squads with Tony (County team coach) or training hard with Jordan (Bedfordshire Mens player) their individual coach." Celeste Winchester (mum). **Well done to Melissa and all our other players currently involved on our tennis programme.** The coaching programme and tennis club caters for all ages and abilities, with various sessions to choose from throughout the week.

See programme for full details on our website.

