



Venue 360

| BUSINESS | LEISURE | FITNESS | PLEASURE |

NO. 100
SEPTEMBER '25

VENUE CIRCULAR



**THE CHRISTMAS SEASON
IS UPON US!**

**PARTY NIGHT – A
FANTASTIC SUCCESS!**

**ORSHI COMPLETES
CYCLE TO PARIS**

**GAME ON!
PADEL COURTS NOW
AVAILABLE FOR
BOOKING!**

+ more

Party Night – a Fantastic Success!

Our very own **Party Night in the Balcony Café Bar** was an incredible evening, with more than 200 guests filling the dancefloor and creating an unforgettable atmosphere!



The night kicked off with a warm welcome and drinks on arrival, followed by delicious canapés, beautifully served by our team.

Entertainment was top-class thanks to **DJ Dean Blackett** and our brilliant live covers band **Flywheel**, who kept the energy high right through to 1am — it was hard to get people to leave the dancefloor!

Guests loved the vibrant new look of our **Balcony Bar décor and lighting**, while the shimmer wall (crafted by our very own Carlyne) and photobooth added plenty of fun and photo opportunities.

The evening had such a positive and friendly vibe, with so many wonderful comments about both the night itself and the Balcony bar as a whole. We're delighted to hear that some guests are already looking to book their own special occasions with us.

A big thank you goes to Dan from **Two-D Photography** for capturing the entire evening on film — keep an eye on our social media channels for the upcoming promotional video!

Finally, we'd like to thank everyone who attended, our hardworking staff, and the fantastic companies (Heineken, Edwards, DJ Dean Blackett, Event Rhino & Brakes) who supported the event, helping us to keep ticket prices low and the experience unforgettable.

Here's to the next one!



The Christmas Season is Upon Us!

Venue 360's Riverside Suite & Balcony Bar - where your party becomes an unforgettable experience!

Celebrate the Season in Style with our Riverside Christmas Joiner Parties

This year, we're bringing a whole new vibe to Christmas at The Riverside - think bold, vibrant, and unforgettable. We've reimagined our legendary festive nights to offer even more sparkle, style, and energy. Whether you're returning or joining us for the first time, get ready for a Christmas celebration like never before.

What to expect: Start your evening with a sparkling glass of prosecco on arrival - the perfect festive welcome. Step into a dazzling celebration space brimming with twinkling lights, bold seasonal décor, and feel-good vibes from the moment you arrive.



Indulge in a delicious three-course meal, expertly prepared to make your celebration feel extra special. After dinner, our professional DJ keeps the energy high with a mix of party classics and festive favourites, as you dance the night away on our spectacular LED-lit dancefloor. Plus, snap and share unforgettable memories with friends and colleagues with our festive photobooth.

£55.00 per person

Celebrate the Season in Style with our Balcony Bar Christmas Joiner Parties

Where the Festive Spirit meets **Casino Glamour**



Get ready for an unforgettable night at the newly refurbished Balcony Bar, the perfect backdrop for this year's dazzling Casino-Themed Christmas Joiner Parties. Whether you're celebrating with colleagues, catching up with friends, or just in the mood to toast the season, our festive evenings are designed to impress.

What to expect: Your night begins with a festive welcome - a complimentary cocktail, setting the tone for an evening of sparkle and celebration. Then, step into the thrill of the casino, where professional croupiers will

host tables throughout the night for a fun, no-pressure gaming experience.

Indulge in a seasonal finger buffet, then hit the LED-lit dancefloor as our party DJ keeps the energy high with your favourite festive anthems. Capture memories in the photo booth, available all evening to snap those moments you'll want to remember.

£36.95 per person Standard

£47.00 per person VIP (includes reserved seating & a glass of prosecco or bottle of beer)

From team celebrations to festive nights out with friends, our Christmas Joiner Parties offer the perfect blend of seasonal indulgence, vibrant atmosphere, and unforgettable entertainment - all under one stylish roof.

Spaces are limited - book now and make your 2025 Christmas celebration one to remember. venue360.co.uk/christmas

Connor Runs Half Marathon

Well done to Lifelines instructor Connor who ran the Bedford half marathon this month, this was his first attempt and with the weather above 25°C, he managed a very respectable time. Connor now is thinking about running a second half marathon before the end of the year!



Welcome to the Team - Vasi



We're excited to officially welcome Vasi to our team!

Vasi is currently completing her **Level 2 Fitness qualification** and will soon be progressing toward her **Level 3 Personal Training award**.

Over the past few weeks, she has been working a variety of shifts, so many of you may have already had the chance to meet her.

Not only is Vasi a dedicated team member, but she's also a familiar face in the gym as she regularly trains here herself. Having been part of our fitness community for quite some time, you might already recognise her from her own workouts.

Be sure to say hello when you see her around—we're thrilled to have her on board!

Orshi Completes Cycle to Paris

A big thankyou to the members who sponsored Orshi in her sponsored bike ride to Paris, she completed the 100 Kilometer ride in 2 days so well done Orshi!



Workout Spotlight: Shoulder & Triceps Superset

Looking to take your training up a notch? Try this superset workout designed to target your shoulders and triceps for maximum efficiency and pump:

- 1. Dumbbell Shoulder Press** - 12 reps
» Superset with **Dumbbell Side Raises** - 12 reps
Rest 30 seconds, then repeat for 3-4 sets.
- 2. Dumbbell Front Raises** - 12 reps
» Superset with **Triceps Overhead Press** - 12 reps
Repeat for 3-4 sets.
- 3. Triceps Cable Pulldown** - 12 reps
Complete 3-4 sets to finish strong.

This routine combines pressing and isolation moves to build strength and definition in your shoulders and arms.

Give it a go next time you're in the gym!



Stair Climber Challenge Results

A big congratulations to our two challenge winners!

- **Noa** completed the stair climber in an impressive **4 minutes 47 seconds**.
- **John** powered through with an incredible time of **3 minutes 9 seconds**.

Well done to both of you for setting such great times!



A Summer of Tennis Success at Venue 360!

It's been a fantastic summer on court for our Venue 360 tennis members, with plenty of achievements to celebrate!

Junior County Champions

- **Eddie** impressed by doing the double, defeating Bedford's Arka to claim both the **Boys' 11U and 12U singles titles**.
- **Nadia** showcased her talent across several age groups - finishing **3rd in the 18U singles**, runner-up in the **16U event**, and going one step further to be crowned **14U champion** after a strong win against Harpenden's Quinn.



Coach Kayla Shines

Our resident coach, **Kayla**, celebrated her first-ever **county singles title** in a thrilling 18U final, overcoming Bedford's Lauren in a tense championship tie-break. The two then joined forces to capture the **doubles title** together — a fantastic achievement!



Senior Success

A special mention goes to our Men's Tennis Captain, **Nick Hesketh**, who reached the **final of a regional seniors tour event** at Gerrards Cross — an excellent performance at such a high level.

Congratulations to all our players - from juniors to seniors - for representing Venue 360 with such determination and success. What a brilliant summer of tennis!



Game on!

Padel Courts Now Available for Booking!

We're thrilled to announce that our padel courts with **Padel Pass** will be open for play on 13th September.

Bookings can now be made via the **Playtomic App** and all existing Venue 360 members (up to 4th Sept 2025), can enjoy exclusive and complimentary access to the following benefits:

1. **15% Off Your Share of Court Booking Fees**
2. **10 Days Advanced Booking** (vs. the standard 7 days)

Click here to redeem your exclusive Venue 360 member benefits: <https://forms.gle/BVPnramUdTrFyvHX6> This must be done or your discount in the Playtomic app will not work.



Not Just a Sports Hall!

Last month, our sports hall took on a slightly different role - swapping the familiar sound of shuttlecocks and fast-paced rallies for a corporate non-sporting event. While it's not every day we receive requests like this, it was the perfect reminder of how versatile the space truly is.



The event was a great success, and we're proud that our hall could rise to the occasion. With its size, accessibility, and adaptability, the sports hall proved to be the ideal venue to host a interactive presentation. The booking featured a custom-built walkway leading into an inflatable dome, where a large curved LED screen was set up to deliver an impressive presentation to an important audience.

We'd like to extend a big thank you to all our regular bookings and clubs who were so flexible and understanding as we made space in our usual schedule to accommodate all bookings.

Welcome Sam - Assistant Leisure Manager



We're delighted to announce that **Sam O'Nions** will be joining the **Leisure Management Team** as our new **Assistant Leisure Manager**.

Sam's journey with Venue 360 is an impressive one. Having joined as a tennis member at just four years old, he progressed through the tennis programme until 18, then he became a tennis coach and coached on the tennis programme, he also worked as a leisure assistant, and more recently, many of you will have seen him gaining experience on reception.

Alongside his work here, Sam recently graduated with a **2:1 degree in Sports Science from the University of Hertfordshire** and has also coached football at **Oaklands College**.

At just **21 years old**, Sam already has an incredible **17 years of experience with Venue 360!** He will spend September in training before officially stepping into his new role from **October**.

Please join us in congratulating Sam and wishing him every success as he takes on this exciting new chapter in his career.