



Venue 360

| BUSINESS | LEISURE | FITNESS | PLEASURE |

NO. 101
OCTOBER '25

VENUE CIRCULAR



THANK YOU JON,
ENJOY YOUR RETIREMENT!

CELEBRATE
CHRISTMAS IN STYLE

HALLOWEEN
COMES KNOCKING!

OCTOBER
CHALLENGE - AMRAP
PULL UP CHALLENGE

+ more

Exciting Team Changes in Hospitality



We're thrilled to announce the promotion of Luke and Sheri to Hospitality Duty Managers. Both have shown outstanding dedication, reliability, and commitment to the team, and we're proud to recognise their hard work with this well-deserved step forward.

These new roles come with fresh challenges, greater responsibility, and exciting opportunities - and we're confident they'll rise to the occasion. Promoting from within is something we value deeply, and we're excited to see Luke and Sheri thrive in their new positions.

Please join us in congratulating them both!

Halloween comes knocking!

To celebrate the beginning of Autumn and to warm you up on those colder days we are offering a slice of **Ginger and Pumpkin cake with a hot drink for just £3.95***, or try our **Pumpkin Latte for just £3**.

* Offer does not include flavoured syrups



Halloween Competition – Guess the Weight!



After the great response to our Easter Competition, we're bringing the fun back for Halloween!

Think you can guess the weight of our giant pumpkin? Put your guessing skills to the test for a chance to **win a £10 voucher** to spend at The Balcony Bar.

How to Enter: Drop by and submit your guess any time between **Monday 13th October and Friday 31st October**.

Closest guess wins – it's that simple. Good luck, and happy haunting!

New Years Eve in the Balcony Bar!

Ring in 2026 in style at our newly refurbished Balcony Café Bar! Be among the first to celebrate in our stunning new space with music from DJ Courtney Brown, drinks, and unforgettable vibes. Tickets are dropping soon - don't miss your chance to welcome the New Year in the heart of the party!

Keep an eye on our social media accounts for the ticket release announcement - they won't last long!



Celebrate Christmas in Style at Venue 360!

Make your 2025 festive season unforgettable with our two dazzling Joiner Party options - both under one stylish roof.

Riverside Christmas Joiner Parties

- Prosecco on arrival
- 3-course festive dinner
- DJ, LED-lit dancefloor & photobooth
- £55pp

Balcony Bar Casino-Themed Parties

- Cocktail on arrival
- Finger buffet, casino tables, DJ & photobooth
- Standard £36.95pp | VIP £47pp (with reserved seating & drink)

Whether you're celebrating with colleagues or friends, Venue 360 is the place to be this Christmas.

Spaces are limited and some dates already sold out - book now: venue360.co.uk/christmas



Exercise of the Month: Slam Ball Slams

Looking for a full-body move that hits your legs, upper body, and gets your heart pumping? Slam ball slams are a powerhouse exercise anyone can try!



Head to the hard surface in the downstairs weights area to get started. Begin by lifting the slam ball overhead, engaging your core. Then, with controlled force, slam the ball into the ground while dropping into a squat. Pick the ball up, raise it back overhead, and repeat.

Try to go for maximum repetitions in 1 minute - you'll definitely feel the burn in your legs and upper body, and it's a great cardio challenge too!

October Challenge: AMRAP Close-Grip Pull-Ups

This month, we're turning up the heat with our October Challenge: AMRAP Close-Grip Pull-Ups!

AMRAP stands for "As Many Reps As Possible" - and that's exactly what we want to see from you.

Here's how it works:

- Use the assisted pull-up machine with the close-grip handles.
- Pull yourself up until your chin is above the handles, then lower all the way down to a full arm extension.
- Complete as many quality reps as you can in one go!



Think you've got what it takes?

Speak to a member of the team to have your score recorded. Let's see who rises to the top this October!

Can Sleep Boost Your Training?



We all know exercise can improve sleep-but did you know good sleep can actually improve your workouts?

Training is just one piece of the fitness puzzle. What you do outside the gym - especially how well you sleep-can make a big difference in your results.

Why Sleep Matters

Sleep isn't just rest-it's recovery. When you're well-rested, your focus, memory, and motivation improve. In fact, studies show people who sleep well are more likely to stick to their workouts the next day.

Sleep Builds Strength

Exercise puts stress on your muscles, creating tiny tears that need time to heal. During deep sleep, your body produces growth hormone, which helps repair and build muscle. No sleep, no gains!

The Bottom Line

Want to train better, feel stronger, and stay consistent? Don't skip on sleep. It's one of the most powerful recovery tools you have - use it!

Fantasy Football League standings

At present Keith Perry is leading the Lifelines Sun dream team on 667 points with Gary Peters close behind on 661 points, last years winner Jordan is in 4th place on 649 points with all to play for after the International break!

Rank	Team	GW Pts	Total
1	Keiths Lads k. Perry	94	667
2	Grp16 g. Peters	75	661
3	Arsenend C. Crosble	73	656
4	Saka Potatoes J. Foster	65	649
5	CryptoFPL F. Oporum	86	604
6	Supereds C. Kilburn	81	603
7	Brighton Rocks A. Lovell	51	602



HALLOWEEN PARTY

WICKED NIGHT: A Halloween Party for Grown Ghouls
The witching hour is near... and the ultimate adults-only Halloween bash awaits!

DJ, dance floor, and a wicked atmosphere all night long
Costumes encouraged - come dressed to thrill!

Friday 31st October, 7:30pm - 1am
EARLY BIRD - £7 per person*

For more information & book online, visit
venue360.co.uk/halloween
or purchase at main reception





Venue 360
leisure facilities

Thank you Jon, enjoy your retirement!



After 33 years of dedicated service, **Jon Reep** has now stepped down as CEO of Venue 360, to begin his well-earned retirement.

Jon's journey with us began as Gym Manager at the former Vauxhall Recreation Club on Osborne Road. He later played a key role in supporting then-General Manager Neil Jackson with the move to our current home on Gypsy Lane. Following seven years as Leisure Manager on the new site, Jon succeeded Neil and became General Manager (later changed to CEO) in 2002.

Over more than two decades of leadership, Jon has guided Venue 360 from strength to strength, navigating both periods of growth and challenging times - including the COVID pandemic, which forced our facilities to close for nearly a year. His vision has been central to every gym extension, refurbishment of the Riverside and Balcony Café Bar, and the continuous improvement of our facilities. Thanks to Jon's commitment, our leisure and hospitality offering has consistently remained the best in the area.

Yet Jon's greatest legacy goes beyond bricks and mortar. He has always championed the importance of a warm, welcoming atmosphere created by our staff. Under his leadership, Venue 360 has become not only a place with first-class facilities but also a community where staff enjoy working and members feel at home. His high standards of customer care have built lasting loyalty among our members, making them our greatest ambassadors.

As Jon retires, we are delighted to confirm that **Jason Goodall** will be stepping into the role of CEO. Jason has worked alongside Jon for 30 years, shares the same values and standards, and is highly respected in his own right. His appointment ensures both stability and a smooth transition as we look to the future.

Jon officially retired at the end of September, marked by a fitting send-off in a packed Balcony Café Bar. The celebration brought together our Board of Directors, past and present staff, long-standing members, and, most importantly, Jon's family. The size and warmth of the gathering was a true reflection of the high regard in which Jon is held as CEO and the lasting impact he has made on Venue 360.

On behalf of the Board, staff, and members, we extend our heartfelt thanks to Jon for his remarkable contribution to Venue 360 and wish him every happiness in his retirement.

