



Venue 360

| BUSINESS | LEISURE | FITNESS | PLEASURE |

NO. 99
AUGUST '25

VENUE CIRCULAR



BALCONY BAR TRANSFORMATION!

NEW MENU
HIGHLIGHTS

MEMBER OF THE
MONTH – AMANDEEP

ACE THE AUTUMN
– KIDS TENNIS
PROGRAMME

+ more

New Menu Highlights

As part of the transformation, we've added more dining tables and chairs, allowing us to expand our food offering - and we've listened to your feedback!

Now serving:

- Crispy Chips
- Halloumi Fries
- Pancake Stack with syrup and fresh fruit
- And the star of the show: Hand-crafted Sausage Rolls and Pasties from The Yorkshire Baker.



Founded in 2008 by Gill, Yorkshire Baker has become renowned for its premium pastry products, crafted using the finest ingredients. Her sausage rolls, pies, and pasties are loved across North Yorkshire — and now you can enjoy them right here at the Balcony Bar!

Balcony Bar Transformation!



Our ambition was to become a venue destination not just a pleasant spot to enjoy a post-workout drink and judging by the incredible feedback from our guests, we're proud to say: mission accomplished.



Thanks to a stunning new LED lighting scheme, super-comfortable furniture, and stylish décor, the Balcony Bar now offers a luxurious yet calming ambience that has been a hit with all who visit.

Private Parties & Events

Our new space is already a hit for private hire! We're excited to be hosting:

- A Ruby Anniversary Party for 125 guests
- A 40th Birthday Bash for 150 guests

These will be the first to enjoy our brand-new feature lighting above the dancefloor, designed to elevate the disco experience.

Want to host your next celebration here?

Contact us at events@venue360.co.uk or **01582 748225** to find out more about availability and pricing.



Thank you for your continued support. We can't wait to welcome you to the new Balcony Café Bar, whether for a relaxed drink, a delicious bite to eat, or an unforgettable night of celebration.



To celebrate the grand reopening of the Balcony Bar, we're throwing a ticketed launch party and you're invited!

Enjoy:

- A live band
- Canapés and reception drinks on arrival
- A photo booth for memorable snaps
- A dazzling LED dancefloor to keep the party going

Tickets are just £10 per person, available at our main reception or online at venue360.co.uk/party

Over half of the 250 tickets are already sold - don't delay, we expect to sell out soon!

Join the Lifelines Fantasy Football League!

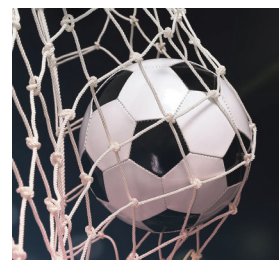
The new **2025/26 season** is here – and so is our very own **Lifelines Fantasy Football League!**

It's free to enter, and there's a **prize for the winner**, so why not test your football knowledge and see if you can come out on top?

Joining is simple:

- Follow the instructions for logging into **The Sun Dream Team** (these will be displayed at the gym reception).
- Use the **League Code: 448F6FAC**
- Need help? Just ask – we're happy to guide you through it.

dreamteamfc.com/fantasy



Member of the Month – Amandeep

A huge congratulations to Amandeep, our well-deserved **Member of the Month!**

Since joining Lifelines, she has achieved an incredible transformation – losing **11kg** in weight and reducing her body fat by **6%**.

Her dedication hasn't stopped there.

Amandeep has also made remarkable progress in her fitness levels, improving her Technogym treadmill fitness test score from Poor to Good.

Well done, Amandeep – your hard work and determination are truly inspiring to us all!



Exercise of the Month: Wide Grip Cable Pulley Row



Looking to build a stronger, wider back? Give the **wide grip cable row** a try! This powerful move uses a cable machine with a wide-grip attachment to target your **upper back muscles** – including the trapezius, rhomboids, and rear deltoids – while also engaging your lats and core.

This variation is great for developing **back width** and working towards that **V-tapered physique** many strive for. You can perform it on the **pulley machine** or other cable machines in the gym.

If you'd like to give it a go, just ask one of our team members – we'll be happy to guide you through it!

August Stair climb Challenge

To start this challenge you must choose the distance option and select 30 floors, then start and complete the 30 floors as quick as possible. You can have the speed as fast as you want to complete the challenge in a quicker time before recording your score on the score sheets.



Good Luck Dani



Popular Lifelines instructor will unfortunately be leaving us to pursue a new career solely focused on Personal training, Dani is looking to locate to London soon where she has been working with Clients at a PT gym. We will all miss Dani very much and like to wish her all the best for the future.

Winner of Press Up challenge!



Well done to Lash who managed an impressive 79 press ups in one minute, only 5 ahead as second placed Box fit's Jim. The ladies winner again managed an impressive 61 press ups by Joanna followed by 42 press ups by Charlotte so well done to everyone that took part.

Orshy's dedicated ride - London Eye to Paris



Orshy has decided to dedicate her upcoming bike ride from London Eye to Paris Notre Dame (Avenue Verte) to raising funds for New Beginnings.

On 23rd August, Orshy will begin cycling 398 km / 247 miles and aim to complete the journey in no more than four days.

Every penny raised will go directly towards purchasing essential items such as school supplies, clothing, hygiene products, toys and other necessities, which I will personally deliver on future charity trips.

Your support, no matter how big or small, will make a genuine difference.

Thank you so much for helping me make this possible!

If you would like to support Orshy, please visit justgiving.com/crowdfunding/wheels-of-hope-fundraiser

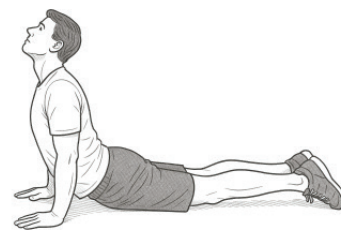
New Monthly Website Blog from Champion Health+

Champion Health+, our resident physiotherapists here at Venue 360, have kindly offered to provide a monthly tips and advice article for our website blog.

Each month they will offer their expert knowledge and advice on a different injury topic, starting this month, with back pain.

Back pain doesn't care if you're a weekend warrior, a desk-bound professional, or someone who simply enjoys staying active — it can affect anyone.

Click link to read more and check back to the same link each month for the latest tips and advice. venue360.co.uk/post/champion-health



Luton Open – First Brazilian Jiu-Jitsu Competition in Luton

UMAC proudly presented Luton's first-ever Brazilian Jiu-Jitsu (BJJ) competition this weekend, bringing together a community of martial arts enthusiasts for a day filled with energy, excitement, and sportsmanship.

This event was open to all belts from kids, juvenile, adult and master levels, Gi and No Gi. The competition saw athletes compete across a range of weight classes and belt levels, each battling to claim medals in their respective categories. Every fight was a showcase of technique, determination, and discipline, reflecting the hard work and dedication that defines the BJJ community.

Whether they were battling it out on the mats or cheering from the sidelines, everyone was part of an unforgettable day of jiu-jitsu action!



Padel Courts Update



If you've been to Venue 360 in the last week, you can't have missed the impressive canopy structure taking place. These courts are going to be hugely popular and the canopy over the top for all year round play, really is the icing on the cake.

Padel Pass still have some great pre-opening offers available on their website so visit now so you don't miss out.

The works are all on schedule, so we should start to see play on them very soon!

padelpass.co.uk

Receptionist Vacancy

Louis is sadly leaving us for a 5-year QS degree apprenticeship (Well done Louis!), so this now provides us with a part-time vacancy on reception. If you're looking for a great place to work and meet great people on a daily basis, send us your CV! The hours will be approximately 13hrs per week and will mainly comprise of evening and weekend shifts. For further information, visit our news and offers page on our website. CV's to be sent to g.carey@venue360.co.uk



Ace the Autumn – Kids Tennis Programme Starts This September

Children's tennis coaching for all abilities!

Our ever-popular, children's tennis courses are now open so make sure you get your child booked in. This coming winter-term of coaching lasts for 15 weeks and there are sessions available throughout the week. We cater for ages 4-18 years old, of all abilities, so there is no reason to not get your child involved.

The coaching is headed up and run by our resident Head Coach; Danny Pymont. Take a look at our forthcoming programme and full details at venue360.co.uk/kids-tennis and book online or call reception on 01582 418873 (option 1).

