



Venue 360

NO. 102
NOVEMBER '25

VENUE CIRCULAR



A NEW CHAPTER BEGINS

NEW YEAR'S EVE
PARTY IN THE
BALCONY BAR

CHRISTMAS IS
COMING

LIFELINES MEMBERS
RUN LUTON HALF
MARATHON

+ more



Venue 360
riverside weddings & conferences



Venue 360
balcony café bar

Pumpkin Competition

We all loved seeing our customers enjoy a healthy competition, but this one was talked about throughout the month. How much did our pumpkin weigh? Well I can say that we had some very optimistic guesses, with one person guessing at over 15kg, and some not so elaborate guesses with a 10lb entry. We even had some customers trying the mathematical approach at working out the weight.



Congratulations to Pali who guessed the closest at 6.7kg and wins a voucher to spend in the Balcony Café Bar. Our pumpkin, at the start month, weighed in at 6.8Kg. A lot of you were very close and missed it by a slim margin, well done to you all!

Who thinks we should run a Christmas Competition?

New Year's Eve Party in the Balcony Bar



Venue 360 plays the host venue to numerous amazing events throughout the year, from party nights to charity fundraisers. All of which, couldn't go ahead without the brilliant volunteers or companies that organise them.



Please note. In most cases these events are organised by 3rd parties and further information and tickets should be found via contacting the organisers direct.



Bring your party to ours for a night of glitz, glamour & good vibes as we welcome 2026!

On the night: Doors open: 8.00pm | DJ Courtney Brown spinning tunes for all ages on our LED dance floor: 8.00pm-1am | Photo booth fun all night long

Book early for your perfect celebration!

'Early Bird Tickets only £10'

Limited availability, be quick to not miss out. Offer ends 30th November or before if allocation is sold. £15 tickets thereafter.

The Balcony Bar – Where the party begins.

For more information and to buy tickets, visit venue360.co.uk/nye or contact our main reception at 01582418873 (option 1).

Christmas is Coming



Here at Venue 360 we love everything Christmas! So, your Balcony Bar could not miss the chance to celebrate with our new Fruited Drizzle Cake - £3.75. A rich and moist fruit cake topped with cherries and mixed peel drizzled with icing. Couple this with our new Toasted Marshmallow Latte - £3.45, the Christmas spirit will hit you all at once.

If you would rather have a Hot chocolate why not give our Smores Hot Chocolate a try - £3.45. Either way the Grinch in you, will melt away.

Riverside Events & Conferences | Balcony Cafe Bar

For further information on any of the above articles, please contact us on:

Riverside Phone: 01582 748225 Email: events@venue360.co.uk

Balcony Phone: 01582 748225 Email: events@venue360.co.uk

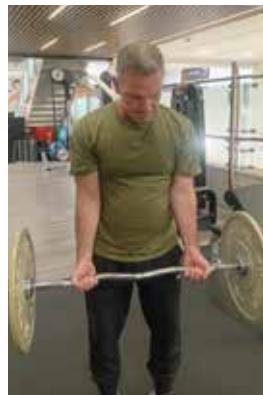


Venue 360
lifelines health club

Exercise of the Month: Superset Arms

Try this powerful **21s Bicep Curl & Triceps Dip** superset for a great arm workout!

- Do **7 curls** from straight arms to halfway, **7** from halfway to the top, then **7 full curls**.
- Immediately follow with **bench triceps dips to failure**. Repeat **three times** for maximum results — and ask an lifelines instructor if you'd like a form check or demo.



October saw plenty of Lifelines members and staff take on the **Luton Half Marathon**, with some also opting for the **5K** or **10K** routes. A big well done to everyone who took part - including **Raimond, Niki, Steve, Ali, Jason and Viv** - for representing Lifelines with such energy and determination!



Quad vs Hamstring Dominance



Ideally, your **quadriceps** should be no more than **30% stronger** than your **hamstrings** for proper balance and movement. For instance, if you leg-extend **65kg**, aim for around **45kg** on the leg curl.

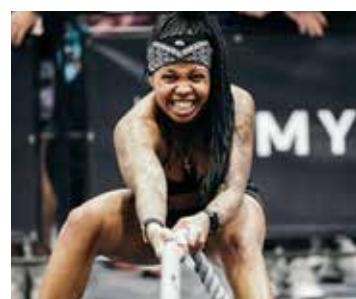
When the hamstrings overpower the quads, it can cause limited knee extension, tightness, and even affect your running form. Balancing your training helps improve performance and prevent injury.

Need further clarification? Speak to a lifelines instructor for advice.

Joy Completes HYROX!

Big congratulations to **Joy**, our Lifelines instructor, for completing her first-ever **HYROX Fitness Challenge** at the Birmingham NEC! After months of focused training, Joy finished the eight-discipline event (with 1K runs between each) in an impressive **1 hour 37 minutes**.

She's now training for the **London HYROX in December** and aiming to beat her time. Interested in competing solo or as a pair? Have a chat with Joy to learn more!



Paulina & Oshy Tackle HYROX Doubles



Well done to our Lifelines members **Paulina and Oshy**, who also competed at **HYROX Birmingham** in the **Doubles Category**! Sharing the eight disciplines equally, the pair showed incredible teamwork and strength throughout. The doubles event is a great stepping stone to the individual race — and still a serious test of endurance. Fantastic work, ladies!





What a Racket! Club Championship Finals Served Up a Smash Hit!



Last month, Venue 360 Tennis hosted its annual Club Championships Finals Day, delivering 16 thrilling matches packed with top-quality tennis. Both our juniors and adults gave it their all, proudly representing the club.

A special **shout-out to our Mini Red and Mini Orange players** for their fantastic performances - the future of Venue 360 Tennis is looking bright!

Head Coach Danny Pymont said, "It was a joy and honour to watch the sportsmanship, camaraderie, and impressive level of tennis from our youngest players at the club."

Congratulations to all who took part.

Club Championship Winners 2025

Men's Singles - Sam O'Nions

Ladies Singles - Kayla Williams

Men's Doubles - Nick Hesketh & Nick Pymont

Ladies Doubles - Kayla Williams & Charm Kirk

Mixed Doubles - Kayla Williams & Alex Lempriere

H'Cap Singles - Jethro Shaw

Consolation Singles - Josh England

High Rating Singles - Tim Kidd

Over 50's - Steve Close

U16's Boys Singles - Mekhi T

U16's Girls Singles - Erica N

U13's Boys Singles - Eddie J

U13's Girls Singles - Erica N

U13's Boys Doubles - Eddie J & Archie H

Mini Red Singles - Jedidiah O

Mini Orange Singles - Maya S

A New Chapter Begins

When I first stepped through the doors of the brand-new Vauxhall Recreation Club (now Venue 360) over thirty years ago, I could never have imagined the journey ahead. What started as a part-time job while I studied for my Leisure Studies degree has grown into a lifelong passion—for this venue, for the people who bring it to life, and for the community we proudly serve.

Today, one month on from stepping into the role of CEO following Jon Reep's retirement, I feel both humbled and energised. Humbled, because I know I stand on the shoulders of so many colleagues, members, and partners who have shaped Venue 360 into what it is today. Energised, because I see so much potential in what we can achieve together in the years to come.

I'll be honest—in the nicest possible way—I've been waiting for this opportunity for a while, and I can't wait to get stuck into the role!

My vision is simple: to ensure Venue 360 is more than just a venue. I want it to be a true hub of sport, fitness, and unforgettable experiences. That means continuing to invest in our facilities, welcoming exciting new events, and making sure every visitor feels part of something bigger than themselves.

I'm fortunate to inherit an excellent team from Jon, along with the support of a dedicated Board of Directors. Alongside my appointment, we're also delighted to announce two new roles: Georgia Carey as Head of Leisure & Operations, and Carolyne Barber as Marketing Coordinator.

Last month's newsletter was rightly dedicated to Jon. If I can do even half as good a job as he has done, I'll consider that a success.

See you around the venue. Jason Goodall – CEO



Inclusive United

Inclusive United are a community interest company that specialises in creating inclusive sporting opportunities to underrepresented communities.

Starting Thursday 6th November 2025, Inclusive United will be running a variety of exciting sessions including indoor football, futsal, multi-sports, and team activities at Venue 360. These sessions are open to young adults aged 18+ with learning disabilities, neurodiversity and special educational needs.

INCLUSIVE SPORTS SESSION!

NEW BEDFORDSHIRE

Thursdays 10am - 11am

Venue 360, Luton Indoor Sports Hall

Free Parking

Luton be active

www.inclusiveunited.co.uk

contact@inclusiveunited.co.uk

18+ All Genders

Suitable for individuals with learning disabilities, neurodiversity, SEN

Fun, supportive session. Qualified, experienced coaches

SCAN HERE

www.inclusiveunited.co.uk

[contact@inclusiveunited.co.uk](https://www.inclusiveunited.co.uk/contact@inclusiveunited.co.uk)

With no experience required, come and join in to meet new friends, have fun and stay fit in a safe and fun environment. Visit inclusiveunited.co.uk for more information.

Sports & Leisure Facilities

For further information on any of the above articles, please contact us on:

Phone: 01582 418873 Email: reception@venue360.co.uk

Book sports online: venue360.co.uk/onlinebooking