

MARCH NEWSLETTER



A message from Ian

It is coming up to two years to the day since we closed our doors for the first national lockdown and one year to the day since we reopened under Stage 1 of the roadmap to recovery. How time flies! The road to recovery on our leisure sector has been steady with some clubs reporting positive 'bounce-back' news and others not so.

Lifestyles and working trends and habits have changed considerably during these past twenty-four months. For us here at Wellington it can be described as a slow but steady recovery as membership numbers dropped during the pandemic period and following the changes in the membership pricing structure last August. The Club is now steadily attracting and welcoming new members on board. So, if you are new member reading this 'Welcome' and if an existing member 'Hello'.

Upcoming Projects

There are several exciting and positive updates to share with you starting with our **gym refurbishment project** which will commence this Summer. This project will commence mid-June with an approximate finish date towards the

end of August. This is a lengthy project due to the extensive nature of the work being undertaken which includes new flooring, lighting, installation of windows as well as front of house works.

The most exciting part is that we have secured a new supplier in Technogym who produce state of the art cardio and strength equipment to help each member progress towards their fitness goals in new and exciting ways. Which we feel will revolutionise how you use the gym space.

View the new gym layout [HERE](#)

Strength Equipment

We plan to increase and spread out the areas where the resistance equipment is available, reducing any possible congestion and easing movement around the gym.

1. New resistance machine circuit including a leg press, chest press, shoulder press, low row, leg extension, leg curl, lat pulldown, pectoral machine, and reverse fly.
2. New Cable Machines with a 4-cable station (includes - lat pulldown and low row) and 2 dual adjustable pulleys.
3. Half Racks in the Qube, as well as two Half Racks in the Weights area.
4. Plate loaded equipment, including a chest press, hip thrust, leg press, low row and
5. New Benches – including a preacher curl bench
6. New Dumbbells and Racks
7. New Weighted Barbells

Cardio Equipment

1. New Treadmills, Cross Trainers and Bikes
2. New Stair climb
3. New user powered treadmill – Skillmill
4. New performance treadmill – Skill run
5. Existing Concept 2 Rowers and Technogym rowers
6. New Watt Bikes
7. New Peloton Bikes

All the above will support your fitness goals whilst tracking and recording your workouts with a new digital software system called MyWellness.

All full list of our new equipment can be found [HERE](#)

It is a big change,

and the Gym team are here to help you.

So do not worry as we will be providing inductions after reopening on how to use the equipment, record your workouts and reach your fitness goals.

Whilst the main gym is undergoing this work, we are using both the Olympic Gym and Marquee gym facilities as well as an exciting range of outside classes.

There will be a display board showing the new layout of the gym along with a range of FAQ's. Reception is on hand with any membership related questions and the Gym Team for the questions relating to the new equipment and classes. Any enquiries please email memberships@wellingtonfitness.co.uk or gym@wellingtonfitness.co.uk

Widening the road access into the Club

With the existing layout with additional bays situated on the right-hand side when coming into the Club and with the pinch point at the gate halfway down we have been acutely aware of the congestion this has caused. To alleviate this, the bays will be used to widen the road by two metres creating sufficient width to avoid congestion. The gate will be replaced with a new wider gate to take out the pinch point.

New signage and road markings will assist with clearer instructions.

This work is scheduled to start on 25th March and will take approx. three weeks. There will of course be some disruption but not restricted access to the main car parking areas. With the reduction in the number of car parking bays please note that additional spaces are available in our overflow carpark behind the swimming pool.

Electrical Vehicle Charging points

With the increasing number of electric cars now being purchased the College have installed two points in our car park as well as up at college. These will soon be ready to use and as soon as they are, we will inform members of their availability and the charging tariffs

Camp Beaumont Holiday Camps

Say farewell to Fun Zone and hello to Camp Beaumont. We are now in partnership with Camp Beaumont who provide an amazing award-winning day of fun, and safe confidence building experiences with a range of activities for 3 – 16-year-olds. There will be a cut off date towards the end of March for bookings. Click [HERE](#) for more info.

[Book Here](#)

General Updates:

The **March Gym Challenge** is now underway with a sprint 100m row completion. Please see a member of the Gym team for further information. The **April Gym Challenge** is a Core Bag Challenge. Travel along the corridor with a core bag and return for another, we will track your time and the weight used.

Red Nose Day 2022

This year we raised funds with a 500m row challenge that took place throughout the day in the reception foyer. Participants were asked to donate, wear a Red Nose and row like mad to achieve the fastest time of the day.



Easter Bank Holiday

Easter Bank Holiday Opening Hours

Good Friday 15 th April	08:00 – 16:00
Saturday 16 th April	08:00 – 20:00
Easter Sunday 17 th April	08:00 – 14:00
Easter Monday 18 th April	08:00 – 16:00

Easter Bank Holiday Group Exercise Timetable : [HERE](#)

Group Exercise Classes

There will be an Easter weekend schedule of classes and the new April – June timetable will run from Tuesday 19th April. We are launching Les Mills Sh'bam in April with a daytime and evening class. Classes will be advertised on the Club web site www.wellingtonfitness.co.uk and on our Club App.

Pool Timetable

There is an Easter pool programme whilst the College is on a three-week break and the new Club timetable will commence from **Tuesday 19th April**.

The Easter timetable will run from **Monday 28th March** and finish on **Monday 18th April**. Please note we are not programming in any bookable slots for this period and the Sauna and Steam Rooms will be now be open.

Easter Swimming Pool Timetable : [HERE](#)

Astro Tennis Conversion & Online Tennis Bookings

Astro Tennis Conversion

The additional courts will be ready for members to use from Saturday 2nd April.

Online Tennis Bookings

We have recently liaised with Gladstone again with regards to the progress of aligning the court bookings for both tennis and squash to 22:00 as with the class bookings. In short it is still not possible to allow this to happen due to the different configuration set ups for the various activities.

Considering, all the feedback in recent years about this timing issue we will now trial and revert to accept phone bookings only for tennis as from 09:00 on Thursday 7th April. There will be no online facility to book tennis as from 21:00 Thursday 31st March. Members are requested to call Reception on 01344 444 244.

Squash will remain an online bookable activity during this trial period. This is a

‘backward’ step in terms of making use of technology however we do understand and appreciate the issues midnight booking times can cause.

We will review this option and assess whether we go back to online booking or bring squash into line with tennis. Phone bookings will not be without its own issues when the lines are busy so please be patient whilst we will see how this works for all parties.

Invincibles

The Club runs three Invincibles sessions a week on Monday, Wednesday, and Friday mornings. The Invincibles is designed for anyone over the grand old age of 50!

These types of Clubs, sessions and activities have now been running across the country since the 1980’s. There is an extremely wide range of sports and activities that our Invincibles undertake. So, if you meet the age criteria and are feeling fit, dynamic, and ready to burn off the youthful energy and interested in playing tennis, short tennis, badminton, table tennis and short mat bowls, as well as specific group exercise classes, then the Invincibles is for you. The group also offers a great range of social events and holidays. If this sounds interesting to you and would like to know more, please email Barry Cuming. Barry can be contacted via email on bcuming@hotmail.com . **Invincible by name and Invincible by nature!**

Vacancies

The Club and the College Shop are recruiting for both full and part time Fitness Instructors, Cleaners, full time Recreation Assistant, full Time Accounts Assistant, Casual bar staff and College Shop Assistant.

If anyone one is interested in having an informal conversation before applying or knows any person that might be interested, please first email hello@wellingtonfitness.co.uk and put ‘Vacancy’ in the subject line and we will then arrange for that informal conversation.

Hello’s & Goodbyes

In recent months we said farewell to Paula Pocock before Christmas and more recently to George Townley from the Gym Team. Phil Marsland was successful in being appointed in a new role as Digital Marketing & Communications Executive which is a shared role with the College.

In recent times we say hello to three ‘new’ team members on reception, Lucy Nichols, Aria Buck and Georgia Kingsland as well as to Arron Pringle who joins as our new full time Recreation Assistant. We also have several new casual staff that have joined in the last few months that are settling well into the team and making a good contribution to the operation. Lastly congratulations to Tom Philpott & Logan Cannon who was successful in being appointed to the new Duty Manager role. Congratulations to Megan Stanley for recently qualifying as our new Les Mills SH’BAM instructor and to Lorraine Curtis for qualifying as one of our Swim School instructors.



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