



General Important Information

Coach

- If you are catching the coach please note – ONE PIECE OF LUGGAGE ONLY & NO HARD CASES. The pickup/drop off point is at the Kelmscott Leisure Centre, 243 Markhouse Rd, Walthamstow, London E17 8RN. The coach will arrive at 10.00am on Friday 5th Feb and will leave at 10.30am – with or without you!! On Sunday 7th Feb the coach will arrive at the Reception of the Barceló Hinckley Island hotel at 2.00pm and leave at 2.30pm – with or without you!!! Bring your final booking confirmation with you, as proof of coach seat(s) purchased and present it to Mike or Steve at the coach pick up point – Call Mike on the day on **07956 812520** if you run into any problems – he may wait if your late, but we doubt it!

Registration

- Registration on Friday is from 12pm, but your room may or may not be ready. If the latter is the case a holding area for your luggage will be provided. A check in time should be achieved by 2pm.
- At the 3ness check-in all attendees will need to sign against their pre-registered details. Once this has been completed a security band will be issued – no security band, no entry to the event!! **For health and safety reasons all attendees must complete their registration details.**

Final Timetables

- **ONLY BLUE TIMETABLES SHOULD BE USED** (allocated on arrival at Hinckley)!! THERE MAY HAVE BEEN CHANGES AND USING THESE TIMETABLES IS THE ONLY SURE WAY TO KNOW THAT YOU ARE USING THE RIGHT ONE.

Entertainment

- **FRIDAY NIGHT** – Smart/Casual Welcome Party. This starts at 11.00pm in the London Room. For those of you that prefer a more chilled atmosphere, we have arranged for the Triumph Bar to be our games room, where in the backdrop of sweet music you can challenge friends or others at cards, chess, draughts, dominos, etc.
- **SATURDAY NIGHT** – From 09.30pm the Paris Room hosts our show with **Hakeem** where fun and games will be had and prizes will be won followed by a live PA from 80's Soul Sensation **Junior Giscombe**. Party time is from 11.00pm and it is our Wear White Night. Dress code is white and bright – we will turn a blind eye to the odd bit of colour!! This all takes place in the London Room with Faze II and Mosty Gee. The Triumph Bar will once again become a chill out games room.

Shopping

- 3ness will have their merchandise stand (maybe ☺) located in the foyer of the hotel where you can support us by buying merchandise even if you do not need it ☺. We will also have Step 'n' Pump selling fitness wear and footwear, Jenni Russell, Mary Kay Cosmetics, Cartel Client Review, CMixx, Anni Luce, Jump Off, Amway and Clyde Kirton Jewellery Design – So you can go shopping right in the hotel!!!

Class Rules

- All classes are on a first come basis – There will be no reserving of equipment i.e., Steps, hand weights, Bikes, etc. Please do not get upset if we turn you away from a busy class. Make sure you plan an alternative class/seminar in every hour you wish to train.

Food

- Meal times are – Breakfast 7am–9am and Evening meals are from 7pm–9pm (you must be casually dressed for dinner or in your party theme clothes – no sportswear). Lunch is from 12pm–2pm on Saturday (included in your fee) in the restaurant, foyer and Triumph Bar for everyone.

Leisure Time

- Massages, Life Coaching & Beauty Therapy - can be booked once you get to the hotel, but most people will be calling beforehand, so take advantage of the pre booking option. See separate sheet for details.

PLEASE READ, DIGEST AND PASS ON TO YOUR GROUP



How to get to the Barcelo Hinckley Island Hotel

CHECK IN CLOSES AT 9PM ON FRIDAY 5TH Feb

****DO NOT BE LATE****

Hotel Address

A5 Watling Street, Hinckley, Leicestershire LE10 3JA - Tel: 01455 631122

(Beware your SatNav will stop somewhere on the A5 – ensure you follow the A5 to the end where it meets the M69)

3NESS EMERGENCY NUMBER – 07950 268 754

(Only to be used on the morning of the 5th Feb 2010)

By Car

From the North & East of England

- Take Junction 21 off the M1 onto the M69.
- Exit at the second junction which is junction 1 signposted Hinckley/Milton Keynes A5. Turn left at the slip road onto the A5 and you will find the hotel 300 metres on the left.

From the West of England

- Take Junction 2 of the M6 and follow signs to the M69 north.
- Leave at the first junction which is junction 1 signposted Hinckley/Milton Keynes A5.
- At the bottom of the slip roads, take the 4th exit onto the A5 to Milton Keynes and you will find the hotel 300 metres on the left.

From the South of England

- Take Jct 20 off the M1 at Lutterworth and follow signs for the A4303 (just turn left at the roundabout).
- Turn right onto the A5 through Ullesthorpe and you'll find the hotel on the right just before you reach the M69 and Hinckley town centre.

By Coach – Go online and book your 3ness coach seats at www.3ness.com !!

- Leaving from Kelmscott Leisure Centre, 243 Markhouse Rd, Walthamstow, London E17 8RN at 10.30am Fri 5th Feb – Arrive by 10.00am – we will leave you if you are late – no excuses!!
- Coach leaves the Hinckley Island Hotel at 2.30pm on the 7th Feb 2010, arriving back at the Leisure Centre between 5 and 6pm.

By Train

- Nearest mainline station is Nuneaton which is eight miles away – You may need to take a taxi from here!!

By Plane

- Only 30 minutes from Birmingham International Airport and the NEC



PAMPER TREATMENTS – MASSAGES – LIFE COACHING

Innovation Therapy – Contact Shaz - 07958 441089 – info@innovationsports.co.uk

Formed in 2003, Innovation Therapy has made an impact within the health and fitness industry and the corporate sector. They have carefully recruited fully qualified, experienced therapists to offer a wide range of effective body treatments.

Sports Massage
Remedial Massage
Back Care

Prices start from £10

Freedom Futures – Contact Jenny - 07956 892 422 - jennybarnett@freedomfutures.com

This is a unique opportunity to experience 30 minutes one to one Life Coaching for £10 (normally £80).

What will be on your wish list? New love? New job? More confidence? Work / life balance? Change of career?

The session is entirely confidential and gives you the opportunity to experience NLP (Neuro Linguistic Programming) techniques for yourself, as practiced by coaches and speakers such as Paul McKenna, Derren Brown and Anthony Robbins.

Why not take time to look at where you want to be - What have you got to lose? – Book your slot now!!

Ann Green Cosmetics – Contact Ann – 07966046069 - annserenagreen@yahoo.co.uk

Ann Green Mobile Beautician has many years experience in the mobile beauty therapists sector, and provides beauty services to clients throughout Leicestershire.

Ann works as an independent mobile beautician and is qualified to NVQ level 2 Beauty Therapy with various other certificates in nails and ear-piercing. She also carries her own insurance.

Treatments:

Manicure, 30 mins, £20
Pedicure, 30 mins, £20
Under arm wax, 20 mins, £10
Eyebrow wax, 20 mins, £10
Express facial, 30 mins £20
Individual false lashes, full eye, 30 mins, £15
Individual false lashes, outer eyes, 20 mins, £10

Mary Kay Cosmetics – Contact Hazel – 07723902106 – email: h.jumbe@gmail.com

The Mary Kay brand continues to be one of the best selling brands for skin care & cosmetics in United States and also in the United Kingdom. Come and meet Mary Kay UK's No 2 Beauty Consultant, get pampered and experience powerhouse skincare & learn the latest in colour application techniques during the 3ness Summer Fitness Weekend!

7 Reasons to Visit the Mary Kay stall:

- 1) Book to attend a **free**, fun & educational skin care class or make-up application class with friends, 45mins.
- 2) **Free** prize draw entry to win TimeWise Cellu-Shape Contouring System; smoothes, firms & hydrates (Cellu-Shape Daytime Body Moisturizer & Cellu-Shape Nighttime Body Gel).
- 3) Skin care advice for men & women, all skin types: dry/normal/comboination/oily/acne-prone
- 4) Foundation fitting/fragrance sampling/gift ideas for Valentine's/Mary Kay career opportunity information
- 5) Book for a **free** bridal make-up consultation (offer only valid at the 3ness weekend).
- 6) Makeover before the parties on Friday/Saturday nights, 20 mins, cost: £15, before & after picture taken.
- 7) Mary Kay skin care, make up, body care & fragrances will be available on sale.

Visit website: <http://www.marykay.co.uk/hjumbe>



Final - 3ness New Year Fitness Schedule – 5th-7th Feb 2010



Friday 5th Feb 2010 PM

<u>Time</u>	<u>Paris Room</u> Choreography Step & Dance	<u>London Room</u> Circuit/Combat/Balls	<u>Conf Rm 11/12</u> Mind & Body	<u>Hanson Room</u> Indoor Cycling	Friday Evening Activities 7pm–9pm – Dinner in the Paris Room and Restaurant 9pm – Presenter Introductions in the Paris Room 11pm – Party time with Mosty Gee and Faze II in the London Room Dress Code Smart/Casual
15.00 – 15.50	Pauline Thomas Street Diva	Winston Squire Mega Balls		Vibe Cycle Vibe Cycle Team	
16.00 – 16.50	Chris Roberts Step Another Level (Beg/Int)	Jason Mellars Kangoo TTR	Gerry Jackson Abs Attack	Jenni Russell Garage Cycle	
17.00 – 17.50	Delvin Clarke Latino & Dance	Greg Francis Fit2fite	Carroll Crook Intro to Pilates with Soul	Vibe Cycle Vibe Cycle Team	

Saturday 6th Feb 2010 AM

<u>Time</u>	<u>Paris Room</u> Choreography Step & Dance	<u>London Room</u> Circuit/Combat/Balls	<u>Lakeside Room</u> Mind & Body	<u>Hanson Room</u> Indoor Cycling	<u>Field/Aqua</u> Meet Reception/Pool	<u>Conf Rm12</u> Seminars
09.00 – 09.50	Sunny Singh Belly Dancing	Chris Roberts Bring Back the 70s/80s Hi/Low	Weininger Irwin Old Skool Body Conditioning	Cassius Jungle Cycle	Jenni Russell Walk n Tone	Cartel Client Review (09.30 – 10.00)
10.00 – 10.50	Janice Irwin Soca Party	Gerry Jackson Body Burner	Carroll Crook Fab Abs Pilates Style	Shanley Booth Cyclepath	Winston Squire Run With Winston	
11.00 – 11.50	Pauline Thomas Garage Jam	Greg Francis Fit2fite	Bella Higgins Burlesque	Vibe Cycle Vibe Cycle Team	Michelle Martin AquaCircuits	Jenni Russell Better Sex, Flatter Abs

Timetable is subject to changes without prior notification



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14.00 – 14:50	Weininger Irwin Bob Marley Jam	Winston Squire Mega Balls 2	Jason Mellars Kick Arse Conditioning	Vibe Cycle Vibe Cycle Team		Utility Warehouse
15.00 – 15:50	Hakeem Onibudo (Impact Dance) Beat It	Cassius Frankson Combo	Carroll Crook Pilates Urban Vibe	Winston Squire Interval Cycle		Jenny Barnett Freedom Futures Getting what you want from yourself and others
16.00 – 16:50	Pauline Thomas Step With Attitude (Int/Adv)	Jenni Russell Core Balls Conditioning	Shanley Booth Bottoms Up	Vibe Cycle Vibe Cycle Team	Michelle Martin Groovy Aqua Yeah Baby!	
17.00 – 17:50	Robert & Jean White MamboCity Footwork	Gerry Jackson Advanced Circuit	Dinner is served from 7pm – 9pm in the Paris Room and Restaurant Show featuring a Live PA by Junior Giscombe starts at 9.30pm in the Paris Room. Party in the London Room starts at 11pm – Dress theme is Wear White on the Night			

Sunday 7th Feb 2010 AM

<u>Time</u>	<u>Paris Room</u> Choreography Step & Dance	<u>London Room</u> Circuit/Combat/Balls	<u>Lakeside Room</u> Mind & Body	<u>Hanson Room</u> Indoor Cycling	<u>Field/Aqua</u> Meet Reception/Pool	<u>Conf Rm12</u> Seminars
09.00 – 09:50	Delvin Clarke Step DStyle (All Levels)	Chris Roberts Sunday Stretch with RnB	Carroll Crook Stretch...Easy Like Sunday Morning	Vibe Cycle Vibe Cycle Team	Cassius Farewell Run	
10.00 – 10:50	Hakeem Onibudo (Impact Dance) X'press Yo'Self	Greg Francis Fit2fite	Jenni Russell Old Skool Soul Core Conditioning	Winston Squire Reggae Cycle	Shanley Booth Outdoor Bootcamp	
11.00 – 11:50	Sunny Singh Bollywood	Jason Mellars Kangoo Kick	Chris Roberts Extream Body Sculpt	Vibe Cycle Vibe Cycle Team		
12.00 – 12:45	Janice & Wine Soca vs Ragga Finale All Presenters, 3ness staff & You should be there!!	Lunch on Sunday is in the main restaurant and (1.30pm) is not included, but you can purchase tickets at the hotel reception up until 5pm Sat for an as much as you can eat lunch – Price £12 – it is well worth it!!!				

Timetable is subject to changes without prior notification

Class Descriptions

Class	Description	Presenter
Abs Attack	6 pack, 8 pack or family pack, whichever you want or whatever you have Gerry does not care!! He will work those abs hard!!	Gerry Jackson
Advanced Circuit	This will be a circuit not for the feint hearted, but for the die hards!! Weights, steps, pads will be just some of the obstacles in your way to a fitter leaner body.	Gerry Jackson
AquaCircuits	Work the body from head to toe using aqua resistance bands and woggles. This great combination of cardio and conditioning interval work will leave you feeling exhilarated and ready for the rest of the day's activities. Suitable for all	Michelle Martin
Beat It	Yes - This Is It!! - Just as it says on the tin! Hakeem will be taking you through the choreography of one of Michael's great videos with a taste of Hakeem thrown in.	Hakeem Onibudo
Belly Dancing	UK's first male belly dancer will teach you to shake what ya mother gave ya even better than Shakira - you got to see it to believe it.	Sunny Singh
Better Sex, flatter Abs	If you want to discover the secret to flattening your abdominals forever and their link to improving your sex life, then this seminar is a must!	Jenni Russell
Bob Marley Jam	Marley's music and Weiningers moves come together in this reggae styled workout - People are you rea-dy!!	Weininger Irwin
Body Burner	Simple choreography with many reps designed to raise the heart rate and burn those calories.	Gerry Jackson
Body Conditioning Alfresco	Chris takes you outside and gives you a good seeing to!! You will get an all over body workout which will include runs, squats, jumps and all things that hurt. All levels welcome, but Chris will challenge your own fitness level.	Chris Roberts
Bollywood	Sunny takes you to India in this highly charged and dramtical form of dance. If you always wanted a Bombay Dream wake up and get to this class.	Sunny Singh
Bottoms Up	Legs, Bums and Tums - lunge, squat, abs and core work to get that perfect behind.	Shanley Booth
Bring Back the 70s/80s Hi/Low	Bringing back the the good old days join Chris for this session with music you can sing along too while having a Great workout.	Chris Roberts
Burlesque	Drive the chair wild as you unleash your inner goddess then take on the dance floor for sexy body rolls and seductive struts. Enjoy funky feline dance routines which will sculpt your silhouette and inject sexual confidence. This class is great for toning and burning calories and not to mention lots of fun!!	Bella Higgins
Combo	Punch and Kick your way to fitness with Cassius' kick ass workout to Jungle anthems.	Cassius Frankson
Core Balls Conditioning	Work the body and wake up muscles in ways that are creative & simple whilst giving you the best results the body will get from "any" workout! A must have-must do class! This "total" body workout is informative & fun.	Jenni Russell
Cyclepath	She's mad and bad on the bike - get down and up to this class backed by some funky house and RnB.	Shanley Booth
Extream Body Sculpt	Join Chris for the total body workout that targets all the problem areas with uplifting beats	Chris Roberts
Fab Abs Pilates Style	Pilates session focused on developing fab abs while still targeting the postural muscles.	Carroll Crook
Farewell Run	Last chance to run, but not for fun. This run will test all capabilities.	Cassius Frankson
Finale	Time to say thank you and goodbye. Come and join the family!!	All Presenters
Fit2fite	Fit2fite, Fighting moves to funky grooves.Kicks, punches, blocks and sweeps forged together in a non contact form to enhance strength, stamina and suppleness and deliver tone, timing and an uplifting workout.	Greg Francis
Garage Cycle	Uplifting, invigorating and lively! Jenni's garage cycle is not for the fainthearted. Kickstart you weekend and give your heart and lungs - butt and thighs the boost that is needed!	Jenni Russell
Garage Jam	A blend of hi/lo aerobic choreography blended with pumping Garage music - Come Jam with Pauline!!	Pauline Thomas
Getting what you want from yourself and others	Ever wondered why some people have so much success, in business, relationships and their life choices? And wanted to have the same for yourself? We will share with you practical tools to help you at work, or to show you how to take back your life choice and control of yourself. Realise your own internal potential and expertise! Come along to our seminar and book an individual coaching session for the special 3ness price of £10 per half hour session.	Jenny Barnett
Groovy Aqua - Yeah Baby!!	Finish the day with some Aqua fun, Austin Powers style. Wake up your biceps, work your butt, tone your legs and rediscover your Aqua Mojo! Suitable for all	Michelle Martin
Interval Cycle	A fun level intensity class mentally training you through a journey that will physically push you to points of high and low aerobic conditioning which will enable the body to handle the higher intensities of stress for every day life, cycle to your heart beat and bring smiles with you!	Winston Squire
Intro to Pilates with Soul	This session will ease you gently into the moves you need to create a strong core and develop better posture. Learn the Pilates basics.	Carroll Crook
Jungle Cycle	Indoor cycling to old skool jungle music. Cass will work you into a frenzy.	Cassius Frankson
Kangoo Kick	Kangoo Kick is a choreographed combat based class with all blocks punches and kicks that you would expect with the added bonus of using rebound technology of Kangoo Jumps. Challenge your whole body from head to toe in this fun energetic workout voted 5 out of 5 by ELLE magazine.	Jason Mellars
Kangoo TTR	Kangoo Trim, Tone & Rhythm (TTR) is a special aerobic exercise using Kangoo Jumps. You will work your abdominals, pelvic floor and back and that is just standing on the Kangoo Jumps! So, imagine what they can achieve with the full spectrum of exercises incorporated within Kangoo TTR.	Jason Mellars
Kick Arse Conditioning	This conditioning class is ideal for those with an interest in martial arts or dance. It draws on the basic core skills to develop balance, muscular strength and endurance and most of all, flexibility. For all levels.	Jason Mellars

Class Descriptions

Latino & Dance	A hot and spicy blend of Latin moves and dancing grooves with Delvin 'the hipster' Clarke. A simple but effective class for those who love Hi/Lo and dance.	Delvin Clarke
MamboCity Footwork	Robert and Jean have been dancing Salsa since 1992 and teaching since 1999, some of the steps they will be teaching in this class will be based on Cha Cha Cha and Salsa. These will be taught as shines (footwork). The Mambo is the result of a long cross-cultural journey, a journey through life with Music and Dance, hence the name Mambo City	Robert & Jean White
Mega Balls & Mega Balls 2	The Mega ball work out is a high octane functional driven core training class, which incorporates an aerobic routine with muscular strength and coordination for the upper and lower body to popular reggae music all on the Fitness Ball, so bring your smiles along and bounce along with me!	Winston Squire
Old Skool Body Conditioning	The only way Weininger knows how to do body conditioning is the old skool Gladiator way, it wont be pretty, but it will be tuff. This is the class that wakes you up next morning wondering which bit of the bod hurts most!!!	Weininger Irwin
Old Skool Soul Core Conditioning	This workout is ideal for strengthening all your core muscles, improving posture, abdominals and central strength. Add a touch of Jenny's favourite old skool soul tunes and you will be rocking your way to a finer form.	Jenni Russell
Old Skool Soul Stretch	Going back in time with the music and taking your body back in time to when it was a lot more supple - hopefully!! Join Leary for the some easy stretching and a bit of pulling.	Leary Wright
Outdoor Bootcamp	It's back to basics bootcamp style outdoors. No frills, just as it says on the tin.	Shanley Booth
Pilates Urban Vibe	A Pilates class with an Urban flavour of smooth flowing movements taught to a mellow R n B vibe.	Carroll Crook
Reclaim your finances	Bambos Charalambous are representatives for Cartel Client Review. They would like to take the opportunity to establish whether or not they can assist you in making a claim against a mortgage, credit cards, secured loan or car finance lender which you currently hold or have held in the past. Some contracts may be invalid, unenforceable or fundamentally flawed. This means that you may be entitled to financial redress and compensation even if you were unaware of these flaws.	Cartel Client Review
Reggae Cycle	Cycling to the rhythmic beat of smooth Reggae music - watch for the bumps when the Ragga comes in!!	Winston Squire
Run with Winston	A basic interval jog/run training session completed over 4/5K in a fun way. Taking you through simple running and breathing techniques which will give you more confidence when you run. That 5/10K is possible with a positive attitude and clearer understanding of what you have to do! Take the challenge!	Winston Squire
Soca Party	Wine ya waist and feel the bass!! Janice takes you through an easy to follow aerobic Soca routine where you will get down and friendly with just about everybody. Dress light 'cos it's gonna get Hot! Hot! Hot!	Janice Irwin
Soca vs Ragga	Weininger Irwin (the Jamaican) vs Janice Irwin (the Grenadian) - Both originate from the West Indies, but the way they get down musically is so different. Soca the music of the Small Islands is up against the might of the Reggae spin off - Ragga! Who will win, who will work the crowd to a frenzy? You will have to be there for this easy choreographed Caribbean Party - Bring ya flags and ya rags!!!	Janice & Weininger
Step Another Level	Join Chris for this fun filled workout that begins with basic steps and then layered effortlessly to produce an unforgettable experience!	Chris Roberts
Step Dstyle (all levels)	Stepping the only way Delvin knows how - amazing!! This intermediate to advanced step class will test you, no matter what level of step you are.	Delvin Clarke
Step With Attitude (Int/Adv)	Follow Pauline to the edge of blistering step choreography. This test will test all levels - you just need to add the attitude!!	Pauline Thomas
Street Diva	So you think you can dance? Of course you can! Pauline will ease you thru a dance routine that will keep a smile on your face all weekend - all levels are welcome.	Pauline Thomas
Stretch...Easy Like Sunday Morning	Start your Sunday morning gently easing your body awake with simple stretches that'll make you feel longer, looser and more energized.	Carroll Crook
Sunday Stretch with RnB	Take one supple fitness presenter, add the sweet sounds of RnB and sleep.	Chris Roberts
Utility Warehouse	The Utility Warehouse Discount Club provides over 200,000 households throughout the UK with home phone, mobile phones, broadband, gas and electricity. Come and hear how you can save.	Bambos
Vibe Cycle	It's a great fun workout. Everyone can ride a bike. The Instructor and the participant are in total control of their own resistance level, oh yes it will not make your legs too big either. It is also a fantastic way of getting really fit and burning plenty of calories	Vibe Cycle Team
Walk n Tone	Jenni's walk n tone has become a popular class. There are two single most important exercises for shaping the thighs and butt - with the fresh air and crazy jokes come along and experience why this is the best walk 'your butt' will ever experience. Outdoor shoes needed	Jenni Russell
X'press Yo'Self	The ultimate street-style dance class, non stop roller-coaster ride, where participants learn a progressive funky routine moving to the best in R&B and Hip Hop grooves. Pure Vibes with Hakeem.	Hakeem Onibudo