



Club Update - April to June 2008

General Club Information

Welcome to The Marlow Club's first Club Update. We aim to produce one approx. once every 3 months and we hope it will be both informative and useful.

The Main aims of Club Update are:

- To keep you informed about how we can help your fitness, health and general wellbeing.
- To ensure you know about the other wide range of opportunities the Club has to offer you and enable you to get the best out of your membership.

We have tried to make it as easy to read and digest as possible for those of you who can only have a brief glance. The idea is to make sure at least one topic tickles your fancy!

Please communicate with us as much as you can. Your feedback can only help us to make your Club better - everything from a hearty congratulation to a passionate complaint is useful.

I'll leave it there and let you get started reading the more interesting stuff!

Enjoy,

Jon Williams & the team

Café Bar / Social Activities Planned For The Next 3 Months

Date	Theme	Where	Symbol
Fri 24 th April	Quiz Night	Café Bar	
TBC in May	James Bond Casino Night	Café Bar	
Fri 6 th June	Quiz Night	Café Bar	

Club Maintenance/Refurbishment

Water fountains, male and female changing rooms - After numerous requests we are now in the process of installing water fountains in both the male and female changing rooms, we hope to have them installed by 31st March.

Studio Lights - We will be dramatically improving the lighting by installing some lower level lighting to the walls in Studio 1 which will enable the atmosphere of the studio to change depending on the class. We hope this will be completed by 31st March.

Security Cameras - **the safety of you and your property is of paramount importance to us** and we are always looking for ways to improve it. With this in mind we are soon to install new security cameras outside the male and female changing rooms.

Squash Courts - We will be carrying out some refurbishment work on our courts over the next month which will include;

- Sanding the floors
- Repainting the outside of the courts
- Re-plastering the front walls and decoration of the other playing surfaces

(Both courts will be out of action from Monday 31st March and re-opening on the evening of the 7th April)

Male and female carpet area - We are soon to install new vinyl flooring to replace the carpeted areas in both the male and the female changing areas; this change has the simple purpose of improving the cleanliness and hygiene of your changing facilities. We hope this will only cause minimal disruption to your use of the changing rooms.

Reception flooring - For a while we have been wanting to improve the first impression of the building, we started the process late last year with the landscaping works. We want to continue the process this year by replacing the flooring in reception with ceramic tiles. We are still waiting for an installation date to be confirmed but we will make you aware as soon as we know.

Staff News

A number of new staff members have joined us over the past few months, they are:

Vladi - Gym Instructor
Hollie Bartlett - Receptionist
Ricky Parkinson - Gym Instructor / Personal Trainer
Ben Bradley - Personal Trainer
Kevin Dobson - Gym Instructor / Personal Trainer

Please join us in welcoming them to the team and we wish them success in their new roles.

Café Bar News

Would you like to hire out the bar area for private parties!

The Café Bar area is excellent for a range of functions from business meetings to full-on parties (for over 21's) holding up to 150 people. We can also offer excellent catering services at reduced rates for members.

For more information please contact Jon on jon@themarlowclub.co.uk or call 01628 475709.

Wireless in the Café Bar!

Did you know the Café Bar now has wireless internet connection? It's free of charge to you as a member. Why not pop along, have a coffee and reply to a few e-mails!

Studio News

We review our Studio timetable twice per annum. We are currently starting the review ready for the June/July programme. If you have any comments and ideas please send them to jon@themarlowclub.co.uk or fill out a comments card at reception for Jon's attention.

Racketball & Squash News

Racketball

The Racketball League is very active with 7 leagues in operation. The standard really is extreme with players ranging from complete beginners to a very high standard.

(If you are currently not involved in the racketball league and would like to be, please enter your details on the notice board by the courts and we will enter you the following month). Alternatively just e-mail the league organiser - details below

Squash

Squash has not been strong at the Club for many years. However, that seems set to change. There are a few keen, and some quite good squash players already at the Club. They may soon be joined by a group of squash players returning to the Club after some years playing elsewhere.

This is very good news in as much as the squash at the Club will be active again with good competition for players of all standards. We plan to start a squash league soon.

However, there is bound to be an increase in demand for courts which should not cause too much difficulty but it may be worth booking your courts a little further in advance than you do now?

NEW BOOKING AND CANCELLATION POLICIES (Starting from 31st March) - these are available on the racketball notice board and by handout at reception.

Currently courts 1 & 2 have been running at simultaneous times, this will be changing slightly, each court start time will be either 15 minutes earlier or later than the other. The primary reason for this is to minimise the pressure on the changing rooms.....

Squash and Racketball contact:

Steve Lewis - 07736 879255 or steve@themarlowclub.co.uk

Gym News

So what is happening on the gym floor.....

Let us introduce you to our newest members of the gym team. All are fully qualified Personal Trainers, but here's a few other interesting facts:

A little about Kev: A keen footballer who also enjoys swimming and squash. He often wears funny looking shoes around the gym....ask Kev if you want to know more!

A little about Ricky: youngest black belt in the UK at Karate when 9 years old and was national champion for 3 consecutive years!! So don't upset him!!! Ricky is also a useful little basketball player and is a qualified assistant coach.

A little about Rowena: Rowena loves to dance...have you noticed how bendy she is!! Rowena is also a bit of an expert on the Vibrogym. So if you want to know more about "good vibrations"... go and have a chat!

A little about Vladi: volley ball is Vladi's game and she has played at international level, and continues to play at the highest level. Vladi has also coached a national youth team too! A competitive girl....keep an eye out for her on the racket ball courts too!

A little about Ben: Ben has joined us as a new Personal Trainer. Ben is a triathlete and has competed in many competitions. Very keen to help anyone looking for that extra push.....

Towels - We are promoting personal towels in the gym as every little helps when it comes to better hygiene, and the new wipes are fantastic for wiping down the kit once you have finished.

Mirrors - New Mirrors in the stretch area; soon you will be able to admire your physiques in the stretch room too as new mirrors are to be fitted on the back wall. Seriously, this is to enable you to check postures as well as the hair do.

Motivation days - look out for motivation day on the 15th of every month. A chance to try something new! To date, swimming lessons, reflexology, boxing sessions, salsa sessions and many more taster sessions have been on offer. Keep an eye on the notice board opposite the gym desk for this months exciting opportunity to try something you haven't done before!!

Therapist News

The Marlow Club Therapy Area is positioned opposite the main studio on the walkway to the changing rooms and offer a wide range of services for your convenience. For further information please see the leaflets that are available in the Therapy Area.

Special Offer - Please see the Therapists TV advertising screen for latest individual offers.

Club Contact Details

If you have any questions or feedback be it positive or negative we would love to hear from you, here is a selection of best contact details;

Enquiries@themarlowclub.co.uk	- General email
Steve@themarlowclub.co.uk	- Steve Lewis, Managing Director
Jon@themarlowclub.co.uk	- Jon Williams, Operations Manager
Jamie@themarlowclub.co.uk	- Jamie Stone, Membership Manager
sharron@themarlowclub.co.uk	- Sharron Bartlett, Gym Manager
midge@themarlowclub.co.uk	- Midge Sibley, Bar Manager
james@themarlowclub.co.uk	- James Lewis, Senior Duty Manager
Stephanie@themarlowclub.co.uk	- Stephanie Tate, Membership account enquiries

Anything relating to the studio please email jon@themarlowclub.co.uk

For those who may wish to telephone our number is 01628 475709. You can speak to the Duty Manager who will be happy to receive your feedback.

Thank you very much for taking the time to read this News Update. We hope it made you feel more in tune with your Club and encourages you to make full use of everything we have to offer.

The Marlow Club Staff team