

Dear Members

Welcome to the first Club News Update!

We continue to seek ways to improve communication with our members and this Club News Update produced quarterly will help us achieve this. It will contain lots of information on what's happening in all areas of the club, including details on all our social events for the coming quarter. We hope it will help you make the most of being a member of The Marlow Club.

We also plan to introduce a club newsletter twice a year which will be a bigger and more detailed version of our Club News Update.

Since taking over the club we have had lots of feedback from you and we would very much like to encourage you all to continue giving us your views. We are determined to continually improve your club, so it is important that you let us know what you are happy with and what you would like to see improved.

We now have a members' feedback board located in the reception area which will be updated monthly with a selection of your comments and our responses, so please keep your comments and suggestions coming.

We hope you enjoy our first Club News Update.

With my best wishes

Greg

Operations Director

Committee Update

This year's committee are: Kate Morris, Peter Stratton, Jean Johnson, David Bates, Alison Mcquater, Paul Woodbridge, Sarah Lim, David Pumfrey and Helen Nicholls. A committee members' board is soon to be put up in reception, together with photos and details of all of the members above.

Our members' committee are here to help provide added value for the membership of the club through:

- Representing members' needs and wants.
- Helping to make the club sociable, friendly and inclusive for all members.
- Acting as an advisory group to the club management on key decisions and development of the club.
- Facilitating two-way communication between members and the management team.

Here are some changes resulting from the committee meetings:

- Members' comments board in reception.
- Second BOSU purchased for the gym.
- New CD player for the Spinning studio installed.
- The addition of air conditioning in the gym.

Forthcoming actions resulting from committee meetings:

- New members' welcome packs given out on joining.
- New class timetable from mid-September.
- Guest speakers or expert demonstrations eg swissball, racketball.

Development Update

We will be writing to you in the coming weeks with details on future development plans, and the programme for the next few months.

The all important social calendar!

Friday 17th September – Quiz night

A great chance to put your brain to the test in our second quiz night. £7 members £10 non-members, cold buffet included.

Sunday 19th September – Club Triathlon

Our annual triathlon has a new cycle route, and if you can't do all three (swim, cycle, run) then you can enter as part of a team instead. More details at reception.

Wednesday 29th September – Marlow Club Golf Society

The first meeting of the new Marlow Club Golf Society is being held at Henley Golf Club. It is not too late to join the society – there is no charge. If you would like to play at Henley simply email Steve Lewis on steve@themarlowclub.co.uk or leave a note at reception with a deposit cheque of £20 (payable to The Marlow Club). See reception for full details.

Saturday 9th October – Rhythm, Blues and Soul night

A new event including a candlelit buffet supper whilst entertained by the superb 7-piece Richie Milton and The Lowdown

Saturday 4th December – Xmas party

A popular festive party with DJ, late bar and much more. More details to follow.

Our social events are an important contributor to our chosen charity, The Opportunity Playgroup.

It's all for charity

We must take this opportunity to say a huge thank you to all staff, members and friends who have raised a lot of money this year for our club charity, The Opportunity Playgroup in Marlow. The following events have raised nearly £1700 so far:

5-a-side football
Rounders tournament
Club bbq
Superstars
Sales of gym equipment
Quiz night
Steve Wilson's 12 hour massage marathon

Future events hoping to raise more money this year include the club triathlon on September 19th and another quiz night organised for September 17th.

Say goodbye.....and hello!

Sadly we have said goodbye to Greg from the gym team who is moving on to focus on his one to one personal training.

However, we say hello to James who has joined us in the gym working full time, and to Amanda on reception, who some of you may know from covering Clive's yoga classes. Amanda will be helping on reception at weekends. Working in the bar before they go to university are Joe and Ellie who will both be here until the end of the holidays.

Need some motivation??

Are you bored with your current gym programme? Do you feel your progress has plateaued? Feel like you need some fresh ideas?

Then come along to The Marlow Club's first motivation day!

Motivation days create an opportunity for you to get all the help and support needed to enhance your programme and take your exercise routine to the next level, while making the experience fun and enjoyable.

See the reception news board for more information.

We would like to meet your friends!.....

If you have a friend or colleague who is interested in trying the club facilities, or even joining, we are currently running a special promotion that will benefit both you and your friends. We will be happy to give you one of our exclusive referral vouchers to pass on to a friend or colleague, offering a 7 day pass to try the club, PLUS a money off voucher saving £50 when they join!

As a thank you for introducing them to us, you will then have the choice of 3 fantastic gifts including:

A Personal Training session worth £30

A £25 John Lewis gift voucher

£25 worth of Marlow Club vouchers*

*club currency to be spent on any product or service the club offers. Not redeemable against membership dues

This offer is only available for a limited time, ask at reception for more details.

