

**QUOTE OF
THE MONTH**

"IT'S GOING TO BE A JOURNEY.
IT'S NOT A SPRINT TO GET IN SHAPE"



TROPICAL OVERNIGHT OATS

Prep Time: 10mins

Ingredients

- 50g rolled porridge oats
- 20g coconut yogurt
- 2 sliced kiwis
- 1 passion fruit
- ½ tsp toasted mixed seeds

Method

1. Soak the oats in 150ml water with a pinch of salt, then cover and chill in the fridge overnight.
2. The next day spoon half the oats into a bowl. Layer with the coconut yogurt, sliced kiwis, the pulp of the passion fruit and the rest of the oats, then top with the toasted mixed seeds.


**FEED YOUR
BEAUTY**

*Join us for an exciting educational event
as we discover what it means to
"Feed Your Beauty"!*

Members Spa Event

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21st August 2019
5.30pm - 7.30pm

Limited spaces available!
 Please see Club Reception to
 reserve your space.

Product of the month

**ELEMIS Frangipani Monoi
Hair and Scalp Mask £33**

Enriched with Frangipani Monoi and Pink Clay, this nourishing mask will restore softness and improve strength to dry and damaged hair. Macadamia oil, hibiscus flower and coconut add to the luxurious blend of this 3-in-1 overnight mask, conditioner and leave in hair treatment.

Use once a week as desired to leave your hair soft, smooth and in great condition.

Come up to the Spa for more information and to speak to one of our therapists.



Tip of the month

By Kirsty.

Pevonia Tropicale Salt Mousse Glow treatment is a great way to get your skin summer ready. Exfoliating, smoothing, and deeply mineralising, this is the perfect way to smooth, redefine and improve skin health.

MEMBERS OF THE MONTH

EDDIE MADDEN

Has been a high user of the club since he joined, he always brings great energy to the club. Eddie is truly part of the club and spa community & enjoys the benefits.

AMANDA MCCABE

A truly committed member whose strength and character shines through. Amanda has been with us since 2012 and is always a fantastic member of the classes that she attends.

Dates for the Diary

THECLUBANDSPA MEMBER NEWSLETTER

JULY - AUGUST

JULY

1st	Monday	Monday Motivation! Gym event (Ask the membership team)
5th	Friday	Fit Friday - Bring a friend for free
9th	Tuesday	30% off on treatments
10th	Wednesday	Wellness Wednesday - Bring a friend for free
12th	Friday	Chester Races Ladies & Gents evening
13th	Saturday	Chester Races
17th	Wednesday	Wellness Wednesday - Bring a friend for free
18th	Thursday	Free PT day - Please call to book
26th	Friday	Fit Friday - Bring a friend for free
27th	Saturday	Chester Races
29th	Monday	International tiger day
31st	Wednesday	Wellness Wednesday - Bring a friend for free

AUGUST

2nd	Friday	Fit Friday - Bring a friend for free
4th	Sunday	Chester Races
6th	Tuesday	30% off on treatments
7th	Wednesday	Wellness Wednesday - Bring a friend for free
8th	Thursday	International Cat day
9th	Friday	Fit Friday - Bring a friend for free
13th	Tuesday	National Prosecco day
14th	Wednesday	30% off on treatments
15th	Thursday	Free body stats - Please call to book
21st	Wednesday	Feed Your Beauty Member Spa Event
22nd	Thursday	£15 Spray tans!
28th	Wednesday	Wellness Wednesday - Bring a friend for free
31st	Saturday	Chester Races

MARCO PIERRE WHITE
STEAKHOUSE BAR & GRILL

TUESDAY & THURSDAY

MIXED GRILL

Marco's Mixed Grill plus a glass of red wine or a pint of draught beer
for only £19.95

WEDNESDAY

STEAK & RED

Chef's choice of steak plus a glass of red wine or a pint of draught beer
for only £19.95

ROLL UP
YOUR REFERRALS

Please contact the Club to enquire about your referral gift

CLUB OPENING HOURS:

Monday to Friday
06:30 - 22:00

Weekends & Bank Holidays
08:00 - 20:00

CHILDREN'S SWIM TIMES:

Monday to Friday
07:00 - 11:00
16:00 - 19:00

Weekends & Bank Holidays
08:00 - 12:00
15:00 - 18:00

THURSDAY 19TH DECEMBER 2019

Club Christmas

Exclusive Party Night price for members:
£20 per person
A glass of festive fizz on arrival, a three course meal, dancing until late with Posh Dogs at midnight.