

PSLC November News...

It's beginning to look a lot like Christmas.....



Well done to the team in the **PSLC** who have been busy decorating the club ahead of the **Festive Season**. Our theme for this year is *Mad Hatters Christmas Tea Party*.

If you're planning a "Get-together" in December with friends or your Activity Group please keep the **PSLC** in mind, if it's just a quick catch up **Après** will have a lovely selection Christmas **Treats** and **Coffees** to get you into the Festive Spirit. **The Bar** and **Our Food Partner Puck** have a great selection of Food Options to suit all tastes and budgets. Why not pop in and try out the new menus.

Martello Fitness have launched our **HYROX** classes, and it's been so popular that we are adding more very soon, keep an eye on our **Booking App** or check in with the Gym Team. These classes are great if you are looking to take part in a **HYROX** or want to improve your fitness. Having a good base level of fitness is recommended but if you are a beginner, you can take it at your own pace. We have a wide demographic of members which is one of the best parts of **Martello Fitness** and we encourage members of all ages to enjoy staying active.

Also new this month are our **Mother & Buggy** classes on Tuesday's and Thursday's at 11.30am. They are a small class size for more in-depth coaching,

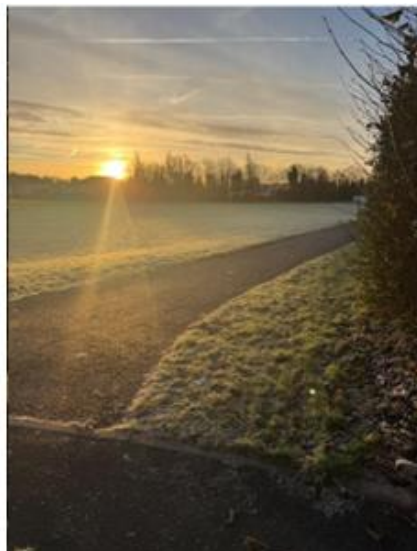
focusing on strength and improving your fitness plus they give a chance to meet other parents to help you reach your goals.

Remember there are activities for everyone at the **PSLC**, all the details of clubs and contacts are on our **Webpage: <https://pslc.ie/>**

Membership Renewal....LAST CALL can we make one last appeal to our members whose **Membership/ Capitation Renewal** has slipped your mind.

Like everyone this year we are again challenged with raising costs on energy, wages. **Membership fees are an extremely important source of revenue for us and gives you Priority Booking and Discounts on activities. Please pay at Reception or online through your membership account**

Looking forward to see you in the **PSLC** very soon....



Stay Connected

For the latest updates, follow us on social media and check our website for schedules and announcements. We look forward to seeing you around the club this October.

Thanks as always for your continued support. Remember all our news is updated daily/ weekly on our pages:



pslc.ie



Facebook.com/pslcclub



PSLC APP



Instagram for over 2.5k followers.

PSLC..... 'The place to be'