

CLUB

S

Welcome
**BACK
TO
SCHOOL**



CLUB S MONTHLY DIGEST

● JULY RECAP ●



Club S Easttown hosted fun and playful summer activities for their members by the pool



Summer CAMPS

Due to school start delay, we got you covered Club S is still offering camps in September.

For more information please call: 01101576058



CLUB S ARTISTIC GYMNASTICS

Congratulations to Club S' Artistic Gymnastics Team on their Awards at the Cairo Gymnastics Zone Competition



**The Allegria Golf Agronomy and Operation
Staff members competition & lunch on 21st of August, 2022.**



In honor of our hard-working & dedicated Agronomy and Operation Staff Members, The Allegria Golf hosted a golf competition & lunch on 21st of August, 2022 in recognition of their achievements!



DIGEST
MEMBER

09
MONTH



NURSERY
LAUNCHING THIS
SEPTEMBER

AT CLUB S WESTOWN





Launching this September
Admissions are now open



Age: From 3 months to 5 years

هي حضانة أطفال فرنسية فقط ، تم إفتتاحها في عام 1998 من قبل فريق شغوف باللغة والثقافة الفرنسية نحن مدعومون من قبل السفارة الفرنسية ولدينا ترخيص من وزارة التربية و التعليم المصرية لتدريس kg1,kg2



For more info call 01154418856





MASTER YOUR
SKILLS WITH OUR
FOOTBALL ACADEMY!

CLUB
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Club S is now launching its very own Football Academy!

Register now through the following link:

<https://rb.gy/00fvag>

For more info contact us on 01289152971



LEARN • TRAIN • COMPETE
**ARE YOU READY
FOR OUR SQUASH ACADEMY?
APPLY NOW!**

CLUB
S

Club S is now launching its very own Squash Academy!

Register now through the following link:

<http://shorturl.at/gmoY3>

For more info contact us on 01276232823



V I T A L
S P A

PAUL RAYNAULT
SIGNATURE

OPENING SOON

BACK TO SCHOOL

4 YEAR
INSTALLMENTS

0 % INTEREST

LIFE TIME MEMBERSHIP

SILVER MEMBERSHIP

SODIC RESIDENTS

TOTAL MEMBERSHIP FEES INCLUDING VAT

199,500 EGP

Installment Payment Plan	Downpayment With Vat	Quarterly installment first installment after 3 months	# of Installments
	34,794 EGP	10,294 EGP	16

NON-SODIC RESIDENTS

TOTAL MEMBERSHIP FEES INCLUDING VAT

228,000 EGP

Installment Payment Plan	Downpayment With Vat	Quarterly installment first installment after 3 months	# of Installments
	39,765 EGP	11,765 EGP	16

GOLD MEMBERSHIP

ALLEGRIA RESIDENTS

TOTAL MEMBERSHIP FEES INCLUDING VAT

228,000 EGP

Installment Payment Plan	Downpayment With Vat	Quarterly installment first installment after 3 months	# of Installments
	39,765 EGP	11,765 EGP	16

SODIC RESIDENTS

TOTAL MEMBERSHIP FEES INCLUDING VAT

256,500 EGP

Installment Payment Plan	Downpayment With Vat	Quarterly installment first installment after 3 months	# of Installments
	44,735.44 EGP	13,235 EGP	16

NON-SODIC RESIDENTS

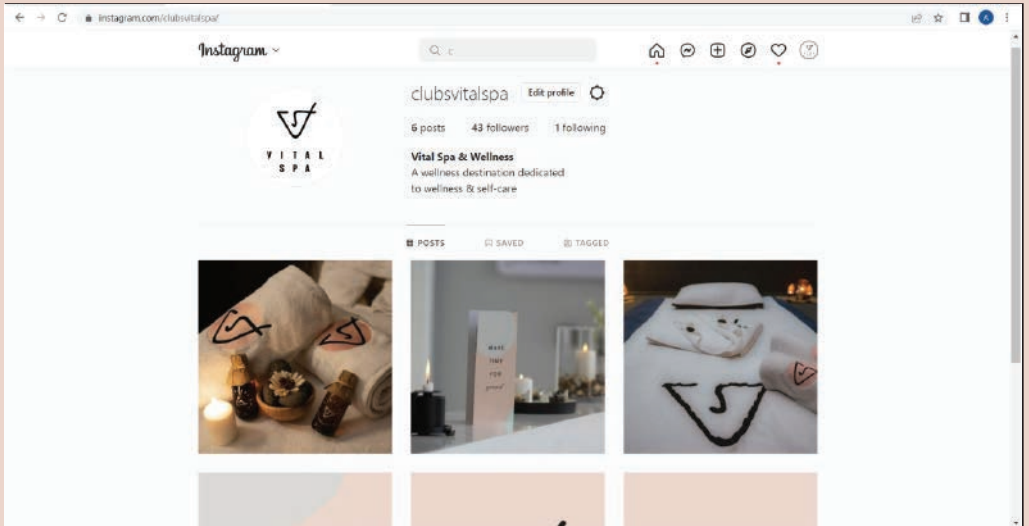
TOTAL MEMBERSHIP FEES INCLUDING VAT

285,000 EGP

Installment Payment Plan	Downpayment With Vat	Quarterly installment first installment after 3 months	# of Installments
	49,706 EGP	14,706 EGP	16

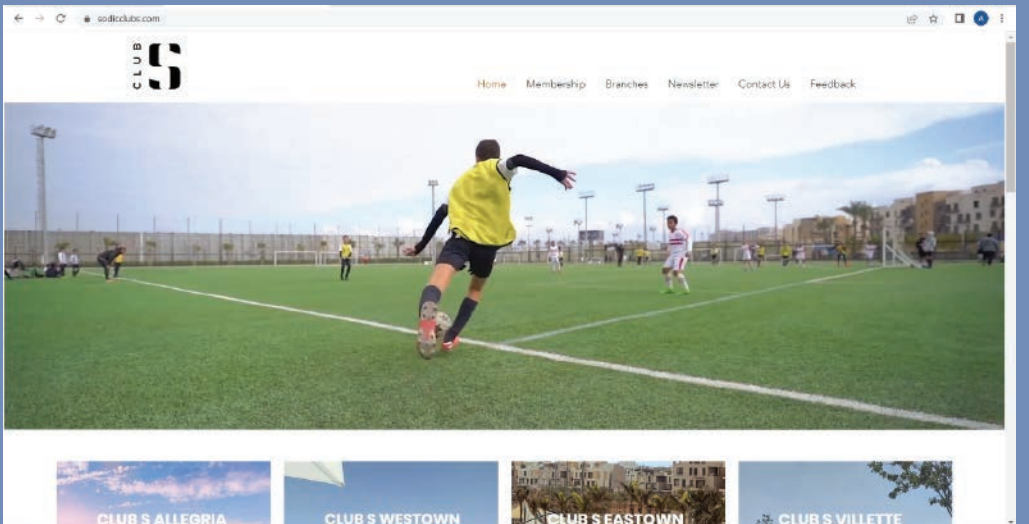
VITAL SPA NEW INSTAGRAM PAGE

WWW.INSTAGRAM.COM/CLUBSVITALSPA/



OUR WEBISTE IS NOW LIVE

WWW.SODICCLUBS.COM



The allegria

A GREG NORMAN SIGNATURE COURSE

JOIN THE GOLF INTRODUCTION PROGRAM

The Academy offers comprehensive instruction covering all aspects of the game offered by our team of PGA & TPI qualified professionals to ensure your lesson experience is truly enjoyable & educational

**Learn Golf as a group of friends / colleagues & get a full introduction in a fun atmosphere (from 4 to 50 people)
Troon Junior Club Program is available to all juniors until the age of 17**

Troon Family Golf; bring your family out and tee-it up & share the love of the game with your children & grandchildren.

We are offering a complimentary 20 minutes lesson to Club S Members & Allegra Homeowners.

**For reservations:
Call 01223779788 - whatsapp +20 122 153 0995
Email golfreservations@sodic.com**

The allegria

A GREG NORMAN SIGNATURE COURSE

Troon Junior Program Season 22/23

Season start Friday 2nd September 2022
and end Saturday 3rd June 2023

Break Weeks
Start Date-End Date
23/12/22 - 05/01/23 (Christmas and New Year Weeks)
21/04/23 -27/04/23 (Eid El Fitr) Back on 28/04/23

The allegria

A GREG NORMAN SIGNATURE COURSE

TROON JUNIOR CLUB

Friday 2nd September 2022

Saturday 3rd June 2023

TJC

The main goal of the Troon junior Club is to relate "fun" into golf for juniors and to develop a lifelong love of the game in future generations of golfers.

The Troon junior Club helps develop functional movement skills and once mastered, helps juniors to build a specific golfing skill set.

The Troon junior Club is available for all children aged 3 - 17

ENTRANCE FEE

24 sessions : junior annual pass - 3600,
junior guest - 4200

16 sessions : Junior annual pass - 2800,
junior guest - 3200

8 sessions : junior annual pass - 1600,
junior guest - 1800

Individual JDP session : Junior annual pass - 225,
junior guest - 250

"A kid grows up a lot faster on the golf course. Golf teaches you how to behave."

- Jack Nicklaus

To register please contact our golf reservations team -
0122 377 9788 or mail us at golfreservations@sodic.com

SODIC

CLUB S

TROON GOLF®



Glow

with Sarah



Glow's treatments list

HAVEN CUSTOMIZED FACIAL

EGP 1800

Our famous deep cleansing facial that is customised according to your skin type & needs. This treatment includes facial masks to target specific skin problems and a relaxing face massage.

MICRONEEDLING

EGP 1800

An anti-aging procedure using needles to puncture the skin. A treatment that generates new collagen; minimising fine lines, wrinkles and pores.

DERMAPLAN PRO

EGP 1800

Dermaplaning facial makes your skin's surface smooth, youthful, and radiant. This treatment is used to remove "peach fuzz," (soft facial hair that traps dirt and oils)

BACK FACIAL

EGP 1800

Involve a process of cleansing, exfoliating, and moisturizing the skin on the back, in addition to applying a mask. Most back facials also include an extraction process to clear out blocked pores and reduce the severity of any present back acne.

SKIN RESURFACING TREATMENT

EGP 1800

A non-invasive process that rejuvenates the skin layer by layer. It goes deep to provoke an accelerated skin regeneration on all layers. Resulting in more radiant, younger and glowing skin. Targets 3 skin disorders (Aging, Hyperpigmentation and Acne)

• ACNE SKIN RESURFACING TREATMENT

EGP 1800

Acne solutions specifically formulated to correct the main acne manifestations & reduces the growth of acne causing bacteria. Treatment consists of a course of sessions & home care kit recommendation from PH formula.

• AGE RESURFACING TREATMENT

EGP 1800

A treatment designed solution specifically formulated as an advanced anti-aging skin resurfacing treatment to help correct typical signs of aging A home care kit recommended from PH formula to help with the best results from the age reverse treatment.

• PIGMENTATION RESURFACING TREATMENT

EGP 1800

The unique PH formula power clay used in the M.E.LA. resurfacing treatments is a powerful hyperpigmentation treatment designed to reduce the accumulation of epidermally located melanin. Consists of several sessions according to skin condition and a recommended home care kit from PH formula.



EGYPTIAN SQUASH OPEN

Cairo, Egypt 19 -25 September

FROM 19TH to 21ST AT CLUB S ALLEGRIA

CIB EGYPTIAN SQUASH OPEN

#SquashServedinColor

BROUGHT TO YOU BY



THE BANK TO TRUST

PLATINUM SPONSOR





Whether you're a triathlon newbie or you're an experienced triathlete, you won't want to miss the second edition of TriForFun on Friday 23rd September, at Club S SODIC Westtown.



The Flash event is made up of a 250m swim, a 9km bike ride and a 2.5km run, all taking place in and around the vicinity of Club S. You can participate and complete this on your own as an individual registration or as part of a team of family and friends doing a relay where each individual will do one leg of the race (e.g. x for the swim, y for the bike and z for the run)



Making it a full daily affair for everyone there is also a Juniors/Kids event for ages

4-7 year olds

(swim 25m, bike 1km, run 400m)

8-11 year olds

(swim 50m, bike 2km, run 800m).

A fun filled event for the whole family looking to enjoy their weekend through some exciting and healthy activity.

Sign up at the link below to register and follow us at

@tenacity.coaching on Instagram!

Early Bird:

Individual: 500 - Relay: 900 - Junior: 300

General registration:

Individual: 600 - Relay: 1100 - Junior: 400

Last Chance Registration:

Individual: 700 - Relay: 1300 - Junior: 500

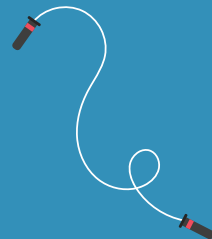


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SEPTEMBER STUDIO SCHEDULE

CLUB S ALLEGRIA

SUN	MON	TUES	WED	THUR	SAT
10:00 am Spinning with Amena	11:00 am Power Mix with Sabrin	10:00 am Spinning with Amena	11:00 am Power Mix with Sabrin	10:00 am Spinning with Merihan	05:00 pm Aqua Gym with Hany Emam
	05:00 pm Aqua Gym with Hany Emam		05:00 pm Aqua Gym with Hany Emam		
	05:00 pm Boxing with Sameh		05:00 pm Boxing with Sameh		
	07:00 pm Hatha yoga with Yasmin		07:00 pm Hatha yoga with Yasmin		





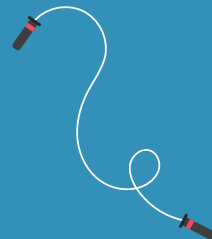
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SEPTEMBER STUDIO SCHEDULE

CLUB S ALLEGRIA

WAREHOUSE®

SUN	MON	TUES	WED	THUR
08:00 am Strength & conditioning	08:00 am Strength & conditioning	08:00 am Engine	08:00 am Strength & conditioning	08:00 am Velocity
07:00 pm Upbeat with Karim	07:00 pm Pump with Karim	07:00 pm Sweat with Karim	07:00 pm Pump with Karim	07:00 pm Beatbox with Karim
08:30 pm Pump with Karim	08:30 pm Beatbox with Karim	08:30 pm Pump with Karim	08:30 pm Sweat with Karim	



09

SEPTEMBER STUDIO SCHEDULE

CLUB S FORTYWEST

SUN	MON	TUES	WED	THUR	FRI	SAT
08:00 am Power Blend with Nada	08:30 am Mat Sculpt with Radwa	08:00 am Power Blend with Nada	09:00 am Reformer with Rania	08:30 am Mat Sculpt with Radwa	10:00 am Reformer with Heba	10:00 am Reformer with Heba
09:30 am Power Blend with Nada	10:00 pm Fit & Fab	07:00 pm Power Blend with Nada <i>Ladies Only</i>	10:00 am Fit & Fab	09:30 pm Power Mat with Nada <i>Ladies Only</i>		
11:00 am Hatha Yoga with Aisha <i>Ladies Only</i>	07:00 pm Vinyasa Yoga with Dalia	07:00 pm Hatha Yoga with Aisha <i>Ladies Only</i>		11:30 am Vinyasa Yoga with Dalia		
OPEN STUDIO						
08:00 pm Reformer with Heba <i>Ladies Only</i>	08:00 pm Vinyasa Yoga with Dalia		08:00 pm Vinyasa Yoga with Dalia			
09:00 pm Vinyasa Flow with Dalia <i>By Booking Only</i>						

📞 By Booking only (Call +20 127 6233 204)

Whatsapp (+971 5635 90794)





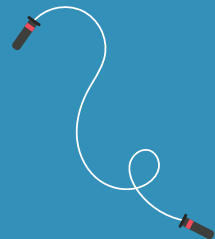
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SEPTEMBER STUDIO SCHEDULE

CLUB S EASTTOWN

SUN	MON	TUES	WED	THUR	FRI	SAT
08:00 am Functional Fitness	08:30 am Mobility	08:00 am Functional Fitness	08:30 am Mobility	08:00 am Functional Fitness	10:00 pm Yoga	06:30 pm Juniors
11:00 am Cardio & Core <i>Ladies Only</i>	06:30 pm Juniors	07:00 pm Get In Shape	11:00 am Toning <i>Ladies Only</i>	06:30 am Kids Fitness		07:00 pm I-Choreo
07:00 pm Get In Shape	07:00 pm Get In Shape	07:00 pm Kids Fitness	06:30 pm Juniors	07:00 pm Get In Shape		
07:00 pm Kids Fitness	08:00 pm Fat Burn	08:00 pm Fat Burn	07:00 pm Get In Shape	08:00 pm Fat Burn		
08:00 pm Fat Burn	08:00 pm Rowin		08:00 pm Fat Burn			

For more info Call: +20 122 1078 3387



CONTACT LIST

MEMBERSHIP OFFICE

Club S Allegría: +20 120 023 1525
Club S Westown: +20 121 283 2790
Club S Eastown: +20 121 283 2750

SPORTS DESK

Club S Allegría: +20 127 623 2823
Club S Westown: +20 128 915 2971
Club S Eastown: +20 127 623 2800

EVENTS: +20 127 623 2890

ART AND MUSIC: +20 127 623 3200

CELLBLOCK GYM AND STUDIO:

+20 127 623 3204

WAREHOUSE: +20 121 283 1980

VITAL SPA: +20 127 623 3275

CLUB S DELIVERY: +20 127 623 2859

CLUB S CATERING: +20 122 837 9711

CLUB S MEMBERSHIP OFFICE HOURS

9:00AM TO 5:00PM

CLUB S ALLEGRIA: EVERYDAY EXCEPT TUESDAYS

CLUB S WESTOWN: EVERYDAY EXCEPT MONDAYS

CLUB S EASTOWN: EVERYDAY EXCEPT TUESDAYS

This newsletter has been developed by Club S Marketing Team to communicate all club news and events to the members. Do not hesitate to contact us on +20 121 283 2148 for suggestions and improvements

Concept development and graphic design by Menna Emad Reda
Content creation by Aisha Shawky (In collaboration with all Club S departments)
Supervised by Azza El Shenawi

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