



Hey Lakeshore Fitness members

☀️ **June is here!**

We're officially heading into summer — and after a fantastic end to May, June is shaping up to be another brilliant month at **Lakeshore Fitness**. Longer days, more energy, and plenty happening across the club to keep you moving, motivated, and feeling your best.

📅 **What's on in June?**

🚲 **3 June – World Bicycle Day**

Cycle into work, stay active, and support a cleaner, greener, and more sustainable way to travel this June.

🏳️ **June – Pride Month**

Promoting inclusivity in fitness. Wear something colourful and train all month. All classes this month will have our pride hits playlist.

🗓️ **8 to 14 June 2026**

Diabetes Week. We have information on our social media throughout this week

💙 **15-21 June – Men's Health Week**

Explore practical tips and advice to improve both physical and mental wellbeing, with simple ways to support long-term men's health available on our website and in the class room at the gym.

📰 **Other news**

🌟 **Member of the Month Spotlight**

See their feature on the member information board.

📺 **FREE Digital Welcome Packs**

New to Lakeshore Fitness? Get started with our digital welcome packs designed to help you hit the ground running.

📺 **Try Before You Buy**

Thinking of joining? Class passes are available for just £3 via your account online.

📱 **Bookings**

Book classes and PT sessions via your account online.

🌍 **Member Incentive**

Direct debit members of any 3d Leisure club can enjoy access to clubs across the UK, with two free visits per club each month. For more details, email manager@lakeshorefitness.co.uk

Progress isn't built in a month — but it can start in one.

See you in the gym.

David and Flo ❤️

If require any help contact David and Florina on manager@lakeshorefitness.co.uk

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Fitness*