



## Happy 4th of July

HAPPY 4TH OF JULY FROM ALL OF US AT CLUB ST. LOUIS! WE WISH YOU A VERY SAFE AND HAPPY HOLIDAY. WE HOPE YOU ALL HAD A HAPPY AND SAFE PRIDE! IT WAS SO GREAT SEEING SO MANY OF YOU COME OUT TO CELEBRATE! WE HOPE ALL OF YOU WERE ABLE TO ENJOY THE RED ZONE, THE AFTER HOURS FOAM PARTY AND THE CWP TESTING EVENT.

THIS MONTH THE FUN CONTINUES! WE HAVE SO MANY EXCITING AND FUN EVENTS BEGINNING WITH OUR RED, WHITE AND BLUE GLOW PARTY ON JULY 4TH @ 8PM. COME JOIN US 24/7 TO PUT THE "FUN" IN GOOD. CLEAN. FUN. BRING YOUR FRIENDS TO HAVE FUN AT ONE OF OUR EVENTS. JOIN US TO RELAX IN OUR OUTDOOR HEATED POOL OR CHILL ON THE INTIMATE POOL DECK 24 HOURS EVERY DAY.

# Club St. Louis

## MONTHLY NEWSLETTER

July 2022



### CLUB ST. LOUIS

2625 SAMUEL SHEPARD DR.  
ST. LOUIS, MO 63103  
WWW.CLUBSAUNAS.COM

TOP LEFT / YOGA / EVERY MONDAY @ 7PM  
BOTTOM LEFT / LIGHTS OUT / 4TH OF JULY @ 8P

MIDDLE / FOAM PARTY / JULY 15TH @ 10PM  
TOP RIGHT / LIGHTS OUT / JULY 28TH @ 8PM  
BOTTOM RIGHT / WATER VOLLEYBALL / JULY 14TH & 28TH @ 7PM

# YOGA CLASS



GOOD. CLEAN. FUN. YOGA



EVERY MONDAY | 7:00 PM

BRING A YOGA MAT TO ENJOY A \$15. LOCKER SPECIAL

\$5 MINIMUM DONATION SUGGESTION FOR INSTRUCTOR

**POOLSIDE**

MEMBERSHIP & LOCKER RENTAL REQUIRED

# Yoga



BRING A FRIEND AND JOIN US FOR YOGA BY THE POOL EVERY MONDAY @ 7PM. WHETHER YOU'RE A BEGINNER, NOVICE OR SOMEWHERE IN BETWEEN, YOU CAN BE THE BEST YOGI BY JOINING US POOLSIDE. WE HAVE YOGA MATS FOR YOU TO USE AND SINCE IT'S BY THE POOL, CLOTHING IS OPTIONAL. OUR INSTRUCTOR LED CLASS WILL LEAD YOU THROUGH A JOURNEY TO CONNECT WITH OTHERS.



# 4TH OF JULY

RED, WHITE & BLUE LIGHTS OUT PARTY

**7PM**



*GOOD. CLEAN. FUN.*



# Summer Volley Game

Join us for some chill volleyball fun in the pool!!!



Thursday, July 14th & 20th @ 7pm

# Pool Volleyball

EVERY SUMMER WE ALWAYS LOOK FORWARD TO HAVING YOU AND YOUR BUDDY COME PLAY VOLLEYBALL. COME HAVE FUN PLAYING VOLLEYBALL AND WIN FREE PASSES! THIS MONTH WE ARE HOSTING VOLLEYBALL IN THE POOL ON THURSDAY JULY 14TH AND THURSDAY JULY 28TH BEGINNING AT 7PM.

# Foam Party

WE HAD SOOOO MUCH FUN LAST TIME WE ARE BACK AT IT AGAIN! COME JOIN US FOR ANOTHER FOAM PARTY ON FRIDAY, JULY 15TH @ 10PM.

BRING A FRIEND AND COME PLAY WITH US

## FOAM PARTY

JULY	15TH
10 PM	FRIDAY



*GOOD. CLEAN. FUN.*

**RED**  
*Zone*

**JULY 29TH  
@ 11PM**

# Red Zone



COME LET YOUR INHIBITIONS  
GO...

AND COME INTO THE RED ZONE  
ON THE LAST FRIDAY OF EVERY  
MONTH. THIS MONTH WE WILL  
HOST THE RED ZONE AGAIN ON  
JULY 29TH @ 11PM.

## Community Wellness

WE HAVE ONCE AGAIN  
PARTNERED WITH  
COMMUNITY WELLNESS  
PROJECT TO PROVIDE  
FREE HIV TESTING. COME  
GET TESTED AND GET  
FREE ENTRY INTO THE  
CLUB ON FRIDAY, JULY  
15TH FROM 5-10PM.

**HIV Testing  
Event**

Friday  
July 15th,  
2022  
starting at 5 pm

[www.clubsaunas.com](http://www.clubsaunas.com)



*GOOD. CLEAN. FUN.*

# Drag Show



## POOL PARTY

JULY 16TH

1:00PM-7PM

LOCAL STL DJ'S, DRAG PERFORMERS AND POOLSIDE GAMES!



CHEYENNE



DESIRE



ENTITY

FREE FOOD AND SNACKS COURTESY OF CLUB ST LOUIS

 **viventhealth**  
FREE HIV & STI TESTING



CLUB ST. LOUIS  
2625 SAMUEL SHEPARD DR.



JOIN US FOR DRAG SHOWS POOLSIDE ON SATURDAY, JULY 16TH FROM 1PM-7PM. WE HAVE PARTNERED WITH VIVENT HEALTH TO PUT ON THIS SHOW FOR ALL OF YOU. COME WATCH SOME OF THE QUEENS OF THE GROVE WHILE GRABBING A BURGER OR DOG FROM THE GRILL.

*GOOD. CLEAN. FUN.*

# Your Health



## MonkeyPox...

ACCORDING TO THE CDC, THERE ARE 3 CASES OF MONKEYPOX IN MISSOURI AS OF THIS WRITING. "MONKEYPOX IS A RARE DISEASE CAUSED BY INFECTION WITH THE MONKEYPOX VIRUS...PART OF THE SAME FAMILY OF VIRUSES AS SMALLPOX. SYMPTOMS ARE SIMILAR TO SMALLPOX SYMPTOMS, BUT MILDER; AND MONKEYPOX IS RARELY FATAL. MONKEYPOX IS NOT RELATED TO CHICKENPOX." ACCORDING TO THE CDC'S WEBSITE, "SYMPTOMS OF MONKEYPOX CAN INCLUDE:

- FEVER
- HEADACHE
- MUSCLE ACHES AND BACKACHE
- SWOLLEN LYMPH NODES
- CHILLS
- EXHAUSTION
- A RASH THAT CAN LOOK LIKE PIMPLES OR BLISTERS THAT APPEARS ON THE FACE, INSIDE THE MOUTH, AND ON OTHER PARTS OF THE BODY, LIKE THE HANDS, FEET, CHEST, GENITALS, OR ANUS.
  - THE RASH GOES THROUGH DIFFERENT STAGES BEFORE HEALING COMPLETELY. THE ILLNESS TYPICALLY LASTS 2-4 WEEKS.

SOMETIMES, PEOPLE GET A RASH FIRST, FOLLOWED BY OTHER SYMPTOMS. OTHERS ONLY EXPERIENCE A RASH." KNOWLEDGE IS POWER AND BEING AWARE CAN SOMETIMES HELP. AS ALWAYS, CLUB ST. LOUIS WANTS YOU TO BE HEALTHY AND SAFE.