



# MAY NEWSLETTER

ISSUE #17

## What's in this month's edition?



LETTER FROM THE LEADERSHIP TEAM



BAR, LOUNGE + EVENTS



GYM



EGYM



HOT YOGA CLUB



ESLEX BEAUTY + ERAZE INK



JOURNEY +GEMS



EXCITING HIGHLIGHTS

This May at The Thames Club is all about feeling good, moving well, and staying consistent.

As the days get brighter, it's the ideal moment to reconnect with your routine and explore new ways to support your health and wellbeing.

From training sessions to motivating activities, there's plenty to keep you inspired all month long.



# LETTER FROM THE LEADERSHIP TEAM

Dear Members,

With May now here, we're taking a moment to look back on a brilliant April at Thames Club.

It's been a month full of great energy, community spirit, and plenty of reasons to smile.

A huge thank you to everyone who supported our recent **Bake Sale in aid of Home-Start**. Thanks to your generosity, we raised an incredible **£174.32**. This contribution will make a real difference to local families, and we're so proud of what we can achieve together as a community.

We also said goodbye last month to our fantastic Fitness Leader, **Hollie Stevens**. After five wonderful years at the club, she's moving on to an exciting new chapter. Hollie brought so much energy and positivity to the team, and she will be greatly missed by both staff and members alike. We wish her every success in what comes next.

Looking ahead, May is packed with great events and opportunities to get involved:

We're especially looking forward to our **Silent Disco** on **Thursday 22nd May (7PM - 11PM)**. Tickets are already selling quickly, so be sure to grab yours at Reception soon to avoid missing out - this is set to be a brilliant evening!

We'll also be celebrating **VE Day** on **Friday 8th May (10AM - 12PM)** with a special morning gathering at the club. Expect coffee, tea, music and a great atmosphere as we come together to mark the occasion - everyone is welcome, so do come along and join in.

On **Thursday 15th May (9AM - 1PM)**, we'll be hosting a **Bake Sale** in support of our incredible member, Sophie Cochrane, who is taking part in a **5K Race for Life** on 30th May. We'd love your support - whether that's baking, buying or donating. Let's come together to cheer Sophie on and support such a meaningful cause.

Thank you, as always, for being such an important part of Thames Club. The energy you bring, the support you show one another, and the sense of community you help create is what makes this place more than just a club.

We're excited for everything May has in store and look forward to seeing many of you around the club - whether it's in classes, at events, or simply catching up with friends.

Warm regards,

**Michelle**



# BAR, LOUNGE + EVENTS


## Race for Life Bake Sale

Sophie is taking part in a 5K Race for Life on 30th May and we're hosting a bake sale to help raise funds and support her!

### Bake Sale

 21st May

 Thames Club Lounge

 Please bring cakes and cash if you can

All donations and support are greatly appreciated.

Let's help Sophie smash her fundraising goal!



## Upcoming Events

8  
MAY

VE DAY  
9AM - 1PM

*Everyone is welcome!*

22  
MAY

SILENT  
DISCO  
7PM - 11PM

*Secure your tickets at reception*

[Click here to donate to Sophie's Race for Life](#)

## We'd love your feedback this May!

For the month of May, we're inviting all our members to share their experience with us by leaving a Google review.

If you've enjoyed your time here or received great service from a member of the team, we'd really appreciate you taking a moment to let others know.

Your feedback not only helps us improve but also recognises the team members who go above and beyond every day.

**If you do leave a review, please:**

- **Mention the team member who helped you by name**
- **Submit your review between 1st–31st May**

Your kind words make a big difference, and we truly appreciate your support.

Thank you for being part of our community!



# GYM

## May in Motion | 31K Challenge

### May Gym Challenge

Join our May walking challenge and help us reach 31,000 steps as a club!

🏆 Prizes for 1st, 2nd + 3rd place - *most steps wins.*

Log your steps with a gym team member so they can be tracked.

*Walk your way:*  
warm-ups, cool-downs or workouts.

Let's move more this May!

## Goodbye to Hollie

In April, we said a warm goodbye to our lovely Hollie after an amazing 5 years with us.

BYE!

She's been such a brilliant part of the team and we'll really miss her.

Wishing her all the very best and lots of happiness in everything that comes next!



## Alfie's Article

[Click here to read Alfie's article!](#)

This month's focus: How to balance the gym with a full time job

## Brand New Electrolytes



We're now serving Stride Electrolytes in the Lounge!

£1 to add it to any drink or blend it into your smoothie.

£30 for a tub + complimentary shaker to take home.

*Simple hydration, upgraded*

# EGYM

As we step into April, it's the perfect time to refresh, reset, and refocus on your fitness journey. Spring is all about new beginnings - and there's no better place to embrace that than right here in the EGYM studio.

### **Progress, Not Perfection:**

Remember, every session counts. Whether you've been consistent all year or you're just getting back into routine, what matters most is showing up. EGYM is designed to adapt to you - your strength, your pace, your goals.

### **Why EGYM Works:**

EGYM takes the guesswork out of training by providing:

- Personalised strength programs
- Automatic weight adjustments
- Full-body, time-efficient workouts
- Progress tracking to keep you motivated

It's not just about working harder - it's about working smarter.

### **Reassess & Reset:**

April is a great time to revisit your goals. Ask yourself:

- Do I want to build strength, lose body fat, or improve overall fitness?
- Am I challenging myself enough in my sessions?
- Have I been consistent each week?

*If you're unsure, speak to Gayle to help you stay on track.*

### **Member Focus Tip:**

Consistency beats intensity every time. Aim for 2-3 EGYM sessions per week, and you'll start to notice real changes in your strength, energy, and confidence.

***If you'd like a FREE induction and FREE 2-week trial, please pop Gayle an email on: [Gayle@thethamesclub.co.uk](mailto:Gayle@thethamesclub.co.uk)***

### **EGYM May Members social:**

I'd love to invite you to another one of our EGYM socials, where you can meet and chat with other EGYM members, hear about their own journeys and successes.

**Our next EGYM Social will be on: Thu 21<sup>st</sup> May 12pm-1pm.**

We'll provide the cakes and you can buy yourself a tea or coffee from our lovely lounge for a nice little get together.

**Pop me an email if you can attend (so I know how many cakes to get hehe) Email Gayle on: [Gayle@thethamesclub.co.uk](mailto:Gayle@thethamesclub.co.uk)**

## Strength in Bloom



## Wellness with Gayle

[Click here to read our Wellness Blog!](#)  
This month's focus: **Nourish Your Mind, Body & Soul**



# HOT YOGA CLUB

## NEW Lunchtime Classes

Make the most of your lunch break with our brand new 45-minute flows - designed to reset your body and mind without taking over your day.



Monday - **Hot Flow** | 12:30



Wednesday - **Fusion Flow** | 12:30



Thursday - **Warm Flow** | 12:15

Short on time, big on benefits. These classes are still new and we'd love your support in helping them grow!

*Roll out of class feeling refreshed, recharged and ready for the rest of your day.*



## New to reformer? Start with Fundamental



Learn the essential Pilates exercises while enjoying a full-body workout. You'll move through a range of positions with a focus on alignment, control and mindful movement to build core strength, improve posture and boost body awareness.

*Perfect for beginners or anyone looking to refine technique, with progressions and regressions to suit all levels.*

## Silent Sounds Themes

**THURSDAYS**  
**7:30PM**

With Amanda Free



NEXT SESSIONS:

**7<sup>TH</sup> MAY** - MICHEAL + THE JACKSONS

**14<sup>TH</sup> MAY** - HOUSE VS GARAGE

**21<sup>ST</sup> MAY** - BODY PART

**28<sup>TH</sup> MAY** - 80'S NO.1'S (VOLUME 2)

## Empower YOUR Mind

With Pete + Tamara

[Click here to see how you can unlock your FULL potential](#)

Exclusive **20% OFF** for Thames Club Members



Use code **TTC20** at checkout

Get buy one get one free tickets - limited spaces **DON'T MISS OUT**

[Book your tickets here!](#)



# ESLEX BEAUTY + ERAZE INK

## May Special Offers



**ERAZE INK** **ESLEX BEAUTY**

**CO<sub>2</sub> FRACTIONAL LASER**

Introductory Prices

- ✓ Full Face £400
- ✓ Full Face & Neck £450
- ✓ Eyes £300

LIMITED TIME ONLY!

*Start May fresh - give your skin the reset it deserves!*



Members receive 10% off all treatments

[Click here to see the price list](#)



# JOURNEY & GEMS

## Sian Pages Travel Blog

Click here for this month's edition of Sian's Travel blog!

This articles focus:  
[When the sun calls, will you answer?](#)



## Member of the Month

# MARIANNE TOMS

Marianne Toms is a true inspiration!

She consistently completes her EGYM workouts 3-5 times a week, attends hot yoga and is making great progress in Pilates - all while caring for her 100-year-old mother. Her positivity and dedication are incredible.

Well done, Marianne - we're so lucky to have you in our community!



[Fitness Manager](#)

[Fitness Instructor](#)

[Reformer Pilates Instructor](#)

[Barre Fitness Instructor](#)

## Want to join our team?

To Apply to any of our roles:

Email Lindsey at  
[recruitment@thethamesclub.co.uk](mailto:recruitment@thethamesclub.co.uk)

# EXCITING HIGHLIGHTS



## Charity Brentford Match



Join us at the Gtech Community Stadium on **Monday 18 May** as Brentford B take on Paris Saint-Germain U21 in the annual Robert Rowan Invitational.

This special charity fixture honours former Technical Director Robert Rowan, with all proceeds supporting Heart of West London.

A great opportunity to see elite youth talent in action while supporting a vital local cause.

Kick-off times may change. Tickets: [www.brentfordfc.com](http://www.brentfordfc.com) or scan the QR code at the pitch. Car park may be busier; attendants available.

For enquiries: [michelle.yates@thethamesclub.co.uk](mailto:michelle.yates@thethamesclub.co.uk)

[Click here to buy your tickets!](#)

## The Thames Club take The London Marathon

Two incredible members of our team took part in and completed the London Marathon on Sunday 26th March!

**Harley**, who works in our bar and is the son of Michelle, ran in support of Breakthrough T1D (type 1 diabetes research). As a type 1 diabetic himself, Harley has already raised thousands of pounds to help find a cure.

**Rory** ran for The Brain Tumour Charity, raising over £6,000 for a cause that is very close to him and his family.



Harley



Rory

A huge well done to both of you - what an outstanding achievement. Everyone is incredibly proud of what you've accomplished!



We're pleased to share a quick update on the recent studio renovations.

The painting work is nearly complete, and the new lighting installation is also in its final stages. Together, these changes are already transforming the space into something truly beautiful, with a softer, more ambient atmosphere designed to feel calm and welcoming. The new sound system will soon be installed, followed by the final phase of work: the flooring. Once complete, the studio will offer an even more refined, fresh and modern environment.

We're excited about what's taking shape and we look forward to sharing it with you very soon.

Thank you for your patience and continued support throughout the renovation process.

## Renovation Update





Follow us on social media

