THE THAMES CLUB

NOVEMBER NEWSLETTER

ISSUE #23

What's in this months edition?

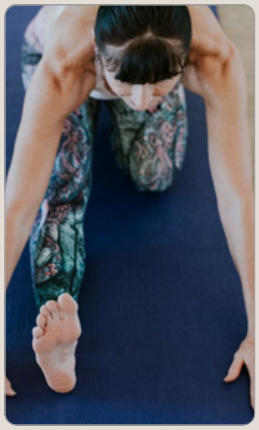
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November is here, bringing fresh opportunities to challenge yourself, try something new and make the most of life at The Thames Club.

As we approach the end of the year, it's the perfect time to stay motivated, focus on your wellbeing and explore everything your membership has to offer.

From exciting fitness challenges and exclusive membership benefits to community events and a new career opportunity, there's plenty happening across the club this month!





LETTER FROM THE LEADERSHIP TEAM

Dear Members,

November is here, and there's plenty happening at The Thames Club! From exclusive member benefits and exciting fitness challenges to community initiatives and new treats, there's lots to look forward to this month.

First up, **November is all about giving back to our members!** Throughout the month, you'll enjoy a complimentary one-category membership upgrade, giving you the chance to experience even more of what the club has to offer. Make the most of this fantastic opportunity!

We're also celebrating **Movember** with our ***Move with a Mate*** gym challenge! Grab a friend, complete 8 workouts together throughout November and you'll be in with a chance of winning a prize. Add your names to the gym board, get moving and challenge yourselves!

For our Hot Yoga enthusiasts, the Hot Yoga Club **21 Class Challenge** is back! Complete 21 classes in the Hot Room between 1st and 30th November to enter the prize draw. Pop your name down, get your sweat on and challenge yourself - it's all to play for!

We've also got something new brewing in the Lounge! Our brand-new coffee not only tastes delicious but also helps build brighter futures. Make sure you grab a cup next time you're in!

As we approach the festive season, we're once again collecting donations for **White Lodge**. If you're able to donate chocolate treats and goodies for the children and young people supported by this fantastic charity, we'd be incredibly grateful.
Thank you to everyone who gets involved!

On the team front, I'm looking for a **new Fitness Instructor** to join our incredible team! If you or someone you know is passionate about fitness and helping others achieve their goals, we'd love to hear from you. Please get in touch to apply!

We're also keeping everything crossed as the countdown to the **National Fitness Awards** continues! On 28th November, we'll find out whether The Thames Club will bring home the Health Club of the Year award. We're incredibly proud to have reached this stage, and a huge thank you to our amazing team and members for helping us achieve this recognition. Fingers crossed we can bring it home this year!

Finally, a massive congratulations to our Member of the Month, **Petrus Josso**! Petrus has shown incredible dedication to his fitness journey, visiting the gym daily despite dealing with a damaged meniscus. His commitment and determination are fantastic to see. Well done, Petrus – a very well-deserved recognition!

Thank you for being such an important part of The Thames Club community. We hope you enjoy your membership upgrade and make the most of everything happening throughout November.

I look forward to seeing you around the club!

Warm regards,

Lindsey



BAR, LOUNGE + EVENTS

NEW Coffee
Change Please



CHANGE PLEASE
COFFEE



We're delighted to now be serving award-winning Change Please coffee at The Thames Club.

Every cup supports people experiencing homelessness by helping provide a living wage, employment, housing and training opportunities.

Enjoy your next coffee knowing you're supporting a brand that's making a real difference and helping people build brighter futures.

Click here to find out more about Change Please and their inspiring work!

Important
Lounge Update

To help us ensure the safety and wellbeing of all our members, we will now be asking everyone to inform us of any food or drink allergies or intolerances moving forward.

This will allow our team to be aware of any dietary requirements and take the necessary precautions whenever food or beverages are being provided.

We appreciate your cooperation and understanding. Thank you for helping us keep everyone safe!

White Lodge
Chocolate Donations

Help us make Christmas a little sweeter!

We're collecting chocolate donations for the children and young people of White Lodge again this Christmas, and we'd love your support!

If you'd like to help spread some festive cheer, simply drop off your chocolate donations at The Thames Club reception by **Monday 16th November.**

Every donation, big or small, will help make Christmas a little more special.

Thank you for your generosity and for helping us spread the Christmas cheer!

white lodge



Wear it PINK
Roundup







What a fabulous day filled with fun, community spirit and plenty of PINK!

A huge thank you to everyone who joined in, donated and helped make our Wear It Pink day such a success. Together, we raised over **£160** from our bake sale, which is amazing!

Every penny raised supports such an important cause, and we're so grateful to everyone who helped make a difference.

Thank you for being part of it!

GYM

Gym Challenge

MOVEMBER®
CHANGING THE FACE OF MEN'S HEALTH

This November, grab a mate, get moving and support men's physical and mental health!

Team up with a gym buddy and complete 8 workouts together throughout November for the chance to win a prize.

Movember is about more than fitness - it's a reminder to check in with our mates, start conversations and support one another.

MOVE WITH A MATE FOR MOVEMBER



How to take part:

1. Find your gym buddy and add both your names to the challenge board in the gym.
2. Complete 8 workouts together before 30th November.
3. Track your progress by letting a member of the gym team know each time you finish a workout together.
4. Keep each other motivated and make time to check in with one another along the way.

Every workout counts. Every conversation matters.

Growing a moustache is optional, but supporting men's health is what counts!

The challenge is open to everyone, not just the men - **so grab your mate and get involved!**

Fitness Instructor Needed!

Passionate about fitness and helping others achieve their goals? The Thames Club is looking for a motivated Fitness Instructor to join our team!

We're looking for someone with excellent communication skills, a proactive approach and a passion for creating a welcoming, positive gym environment.

Interested?
Click here for full details and how to apply!



EGYM

Stronger this November

As the days get shorter and the temperatures drop, November is the perfect time to stay focused on your fitness goals and keep building strength!

With EGYM, your workout is personalised to you, helping you train smarter, track your progress and get the most out of every session. Whether you're new to strength training or already a regular in the EGYM zone, there's always an opportunity to challenge yourself, improve your technique and celebrate how far you've come.



Why keep using EGYM?



Train smarter: Your personalised programme helps you work towards your individual goals.

Track your progress: Your strength tests and training data help you see how you're progressing over time.

Stay motivated: Having clear goals and measurable results can help you stay consistent and focused.

Build strength for everyday life: Strength training can support mobility, independence and the activities you enjoy.



November challenge:

As we head towards the end of the year, why not set yourself a personal fitness goal? It could be improving your strength, building consistency with your workouts or simply making time for yourself a few times each week.

Remember, progress isn't always about lifting heavier or doing more. Sometimes, it's about showing up, staying consistent and recognising the small improvements that add up over time.

Remember, progress isn't always about lifting heavier or doing more. Sometimes, it's about showing up, staying consistent and recognising the small improvements that add up over time.

If you need help getting started, understanding your EGYM results or making the most of your personalised programme, come and have a chat with myself Gayle (Wed and Thu 7am-3pm) or pop me an email on the address below.

Let's Keep moving, keep progressing and finish the year feeling even stronger!

If you know someone that would like a FREE induction in EGYM, they can email me on; Gayle@thethamesclub.co.uk to book a FREE induction and try it out for themselves.

Wishing you a wonderful November.
Hugs,
Gayle xx

To book a FREE induction, email Gayle at;
Gayle@thethamesclub.co.uk

Wellness with Gayle

Click here to read our Wellness Blog!
This month's focus: Look After Yourself This November



HOT YOGA CLUB

21 Class Challenge is BACK!

21 Classes. 30 Days. One Challenge.

It's back!
Take on Hot Yoga Club's 21 Class Challenge this November. Complete 21 classes in the Hot Room between 1–30 November to be entered into our prize draw, full of merchandise and goodies!

ESSENTIAL MEMBERS
Take on the challenge for just £25!

NEW TO HOT YOGA CLUB?
Non-members can join the challenge with our one-month unlimited Hot Yoga membership for just £89, starting 1 November.

Bring yourself, your friends and family and your challenge spirit!

Are you ready to step into the Hot Room and take on 21 classes in 30 days?



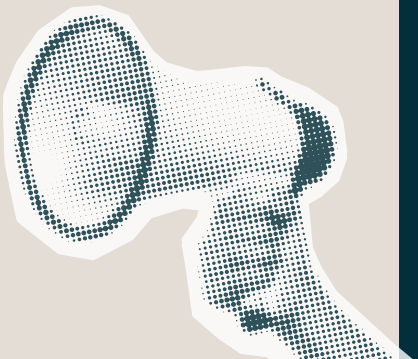
Click here to purchase your UNLIMITED Hot Yoga membership for November or to find out more information about the challenge!

Silent Sounds Themes

THURSDAYS
7:30PM
With Amanda Free

NEXT SESSIONS:

5TH NOVEMBER - FIRE-WORK
12TH NOVEMBER - 90'S NO.1'S VOL 1
19TH NOVEMBER - QUEEN
26TH NOVEMBER - GUILTY PLEASURES OG



JOURNEY & GEMS

Click here to read this month's member review and discover their experience with Sian's Travel!

Sian Pages Travel Blog Review



Member of the Month

PETRUS JOSSO

Petrus Josso has shown incredible dedication to his fitness journey, visiting the gym daily despite a damaged meniscus.

He has lost an amazing 3.5 stone to support his recovery and continues to show up, even when sleep is limited, with support from Nick through one-to-one sessions.

Petrus is a fantastic example of determination and perseverance, and we're proud to recognise his progress.

He truly deserves to be our Member of the Month!



Next Level November

This November, enjoy a little extra with a complimentary one-category membership upgrade for the entire month!

Whether you're an Essential member enjoying Core benefits or a Core member experiencing Premium, it's the perfect opportunity to explore more of what The Thames Club has to offer.

Discover new classes, make the most of our facilities and experience the benefits of the next membership level – all at no extra cost!

Your membership. Your benefits. One level up this November!



KEY DATES

Brentford Matches

Date	KO**	Team	Opposition
Tuesday 3rd November	19:00PM	U18	Brighton & Hove Albion U18s
Friday 6th November	19:00PM	B Team	Wolves U21s
Sunday 22nd November	13:00PM	B Team	Hull City U21s
Saturday 28th November	11:30AM	U18	Birmingham City U18s

Kick-off times may change.
Tickets: 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**



Award Nomination

The countdown is on! We'll find out on 28th November whether The Thames Club will be bringing home the Health Club of the Year award at the National Fitness Awards!

We're incredibly proud to have reached this stage, and we'd like to thank our amazing team and members for helping us achieve this recognition.

Fingers crossed we can bring it home this year!

THE THAMES CLUB

Follow us on social media