



# JUNE NEWSLETTER

ISSUE #18

## 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



UPCOMING EVENTS

This June at The Thames Club, we're embracing the start of summer with fresh energy and exciting opportunities to stay active, social and motivated.

Whether you're enjoying your favourite classes, working towards personal fitness goals, or simply making time for your wellbeing, there's something for everyone to enjoy.

With community events, seasonal activities, and the highly anticipated reopening of our refurbished Flow Studio just around the corner, it's shaping up to be a fantastic month at the club.



# LETTER FROM THE LEADERSHIP TEAM

Dear Members,

With summer finally arriving, there's a real sense of excitement around Thames Club as we head into June. The longer days, warmer weather and busy calendar of events make this one of the most enjoyable times of the year, and we're looking forward to sharing it with all of you.

We're delighted to share some exciting news - ***the refurbishment of our Flow Studio is almost complete!*** The transformation has been well worth the wait and we can't wait to welcome members into the refreshed space very soon. Keep an eye on our noticeboards, social media channels and emails for the official opening date announcement.

As temperatures begin to rise, our team is also working hard behind the scenes to ensure our studios remain fresh, comfortable and cool for all members. Whether you're joining us for a workout, a class or simply spending time at the club, we want your experience to be as enjoyable as possible throughout the summer months.

June is also a fantastic opportunity for us to connect with the wider community. We're proud to once again be taking part in **Staines upon Thames Day on Sunday 28th June at the Memorial Gardens**. It's always a wonderful event that brings together local businesses, organisations, and residents, and we look forward to seeing many familiar faces throughout the day.

The day before, on **Saturday 27th June**, you'll also find us at the **Shepperton Marina Open Day**. We're excited to be involved in another great local event and would love for you to come along, say hello, and enjoy everything the day has to offer.

Football fans have plenty to look forward to this month as the **Football World Cup** kicks off on **Thursday 11th June**. Throughout the tournament, we'll be hosting a variety of fun activities and events here at the club, giving members the chance to join in the excitement and celebrate together. Keep an eye out for further details in the coming weeks.

And while July may seem a little way off, we'd like to give you an early date for your diary. Our popular **Summer Quiz Night** that has been rescheduled for **Thursday 16th July**. Table bookings will be opening soon, so stay tuned for more information. It promises to be another fantastic evening of friendly competition, laughter and community spirit.

Thank you, as always, for being such an important part of Thames Club. Your enthusiasm, support, and sense of community are what make the club such a special place. We're looking forward to a fantastic summer ahead and hope to see you around the club very soon.

Warm regards,  
**Kevin**




# BAR, LOUNGE + EVENTS

## 2026 World Cup

We're hosting a club sweepstake for the 2026 World Cup!

-  **48 countries**
-  **48 tickets available**

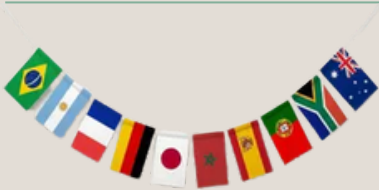
Countries will be chosen at random using scratchcards, which can be purchased and collected from reception for just **£5 (cash only)**.

 If your country wins the World Cup, you'll receive a **£240 cash prize!!**

You've got to be in it, to win it - grab your team now!



## World Cup Opening Day



On the opening day - **Thursday 11th June** - wear your team's colours into the club!

*There will be a **prize** for the best dressed supporter.*

## Race for Life Bake Sale



The Race for Life bake sale raised an amazing **£97.80** for Sophie's race!

We received **£61.50** in online donations and **£36.30** in cash - a huge thank you to everyone who baked, donated and helped make the event such a success.

And a massive good luck to Sophie for her race on **20th May!**



## NEW Quiz Date

Rescheduled for:

**THURSDAY  
16<sup>TH</sup> JULY**

*Haven't booked your quiz tickets yet?*

There are still a few available! Pop to reception now to secure yours.

# GYM

Complete 12 gym floor classes in June and build strength, fitness and consistency throughout the month.

## June Gym Challenge

**How to Take Part:**

- Add your name to the challenge board
- Update it after each completed class
- Track your progress towards 12 sessions

**Classes Included:**

- Full Body Circuit (60yrs+)
- Strength & Conditioning
- HIIT Strength
- Core Strength
- Cardio Circuit
- Strength & Core



**Why take part?**

- Build a consistent training routine
- Stay motivated with guidance from our fab gym instructor team
- Structure your gym floor workouts Improve strength, fitness, and endurance
- Enjoy friendly competition with other members
- Be in with a chance to win prizes



**Get involved**

Lets make June a focused and powerful training month at The Thames Club!

## Introducing our NEW Gym Instructors



**AARON WETTON**



**SAM BROUGHTON**

A massive welcome to the team - we're so excited to have you both on board and can't wait for everyone to meet you!

Make sure you stop by and say hello when you see them on the gym floor!

# EGYM

## Ready to refresh your fitness routine this summer?

June is the perfect time to discover the benefits of EGYM at The Thames Club - a smart, personalised training system designed to make workouts simple, effective, and motivating for all fitness levels.

Whether your goal is to build strength, improve fitness, lose weight, support mobility or simply feel healthier and more energised, EGYM creates a tailored programme based on your individual goals and fitness level. With guided machines, automatic adjustments, and progress tracking, you can enjoy a full-body workout in as little as 30 minutes.

### *Special June Offer:*

Enjoy a FREE EGYM induction plus a 2-week FREE trial to experience the benefits for yourself.

To book your induction or find out more, email:  
[Gayle@thethamesclub.co.uk](mailto:Gayle@thethamesclub.co.uk)

## Summer Fitness with EGYM



While we decide on the next steps regarding the missing shoulder press machine, I have temporarily created a stretching space beside my desk. However, some members have asked if they would prefer to have the bike returned to the EGYM area instead.

To help us decide, I'd love your feedback. Please email me to let me know which option you would prefer:

- **Keep the stretching space beside my desk for now**
- or
- **Bring the bike back into the space beside my desk until future plans are confirmed**

Please send your preference to:  
[gayle@thethamesclub.co.uk](mailto:gayle@thethamesclub.co.uk)

Hugs, Gayle x

## Wellness with Gayle

[Click here to read our Wellness Blog!](#)  
This month's focus: **June Edition!**



# 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.*



## Rock OM

**Can you do Hot Yoga to Rock Music?  
Hell Yeah!**

Turn up the heat and the volume in this energising hot yoga class set to a powerful rock soundtrack. Combining heat, dynamic movement, and driving beats, you'll build strength, flexibility, stamina, and focus while working up a serious sweat.

Leave feeling stronger, clearer, and completely recharged.

**FRIDAYS: 5:00PM  
SUNDAYS: 11:15AM**



## Silent Sounds Themes

**THURSDAYS  
7:30PM**

With Amanda Free



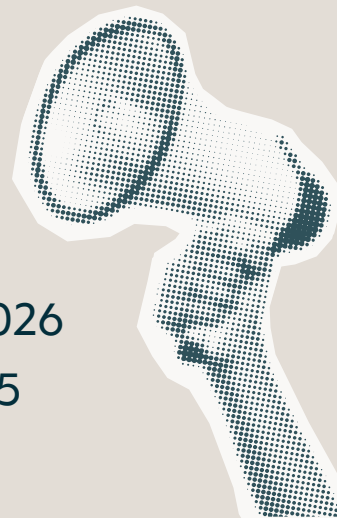
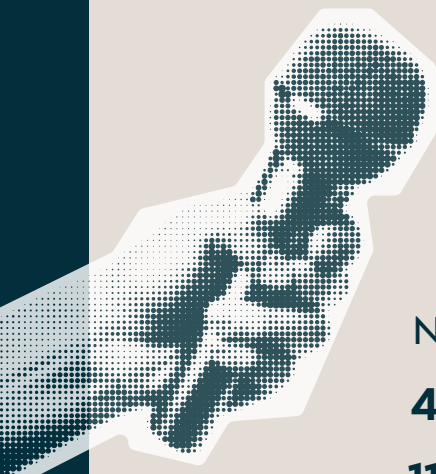
NEXT SESSIONS:

**4<sup>TH</sup> JUNE - GONE SOLO**

**11<sup>TH</sup> JUNE - PRIDE**

**18<sup>TH</sup> JUNE - ISLE OF WIGHT FEST 2026**

**25<sup>TH</sup> JUNE - GLASTONBURY 2014/15**



# ESLEX BEAUTY + ERAZE INK

## June Special Offers

### ESLEX LASER & BEAUTY

## CO2 FRACTIONAL LASER

RENEW • RESURFACE • REVEAL

Advanced skin rejuvenation for smoother, firmer, more radiant *you*.

20%  
OFF

INTRODUCTORY OFFER  
CO2 FRACTIONAL LASER TREATMENTS

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LIMITED TIME ONLY  
BOOK NOW & SAVE 20%

IMPROVES FINE LINES & WRINKLES

ENHANCES SKIN TEXTURE & TONE

REDUCES SCARS & PIGMENTATION

BOOSTS COLLAGEN & ELASTICITY

CO2 FRACTIONAL LASER		
Full Face & Neck	£500.00	£400.00
Full Face	£400.00	£320.00
Eyes	£300.00	£240.00
Upper Lids Only	£200.00	£160.00
Lower Lids Only	£200.00	£160.00
Body	From £300.00	From £240.00

\*Terms & conditions apply. Limited time only.

The Thames Club  
Staines Upon Thames,  
Surrey, TW18 2PD

07563 996883

info@eslex.co.uk

BOOK YOUR APPOINTMENT TODAY

### ESLEX LASER & BEAUTY

## MORPHEUS8

COLLAGEN REMODELLING TECHNOLOGY

- ✓ TIGHTEN & LIFT
- ✓ SMOOTHER SKIN
- ✓ IMPROVE TEXTURE & TONE

DEEP REMODELLING.  
NATURAL, LONG-LASTING RESULTS.

50%  
OFF

INTRODUCTORY OFFER  
MORPHEUS8 TREATMENTS

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LIMITED TIME ONLY  
BOOK NOW & SAVE 50%

**WHAT IS MORPHEUS8?**

Morpheus8 combines microneedling with radiofrequency energy to penetrate deep into the skin, stimulating collagen and elastin production for firmer, smoother, more youthful-looking skin.

DEEP REMODELLING

TIGHTER, FIRMER SKIN

IMPROVED TEXTURE

MINIMAL DOWNTIME

**REAL RESULTS AFTER MORPHEUS8**

Results may vary.

MORPHEUS8 PRICE LIST		
1 AREA (Face or Neck)	£300	£150
2 AREAS (Face & Neck)	£500	£250
BODY AREA (e.g. Abdomen)	£600	£300

\*Terms & conditions apply. Limited time only.

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50%  
OFF  
INTRODUCTORY OFFER

BOOK YOUR APPOINTMENT TODAY

**Smooth. Tighten. Glow.** - Don't miss out, refresh your skin for summer!



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:  
**Why personal service matters more than ever!**



## Member of the Month

# SAMRAJ MANN

Samraj is always friendly, polite, and a genuine pleasure to have in the club. He brightens everyone's day when he walks through the door and brings such a positive energy to the club.

Not only that, but his consistency and commitment to his training have been incredible. He always shows up, puts the work in, and sets a fantastic example through his dedication and attitude.

A very well deserved Member of the Month - thank you for being such an important part of 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

# UPCOMING EVENTS

**Staines-upon-Thames Day is back!**  
Sunday 28th June | 11am – 5pm

A free, family festival celebrating our town and its stunning riverside setting.

Expect live performances across town, amazing street food, craft stalls, bars, fair rides, canoe taster sessions, and boat trips - something for everyone!

Don't miss the biggest free event in Spelthorne. Come and join us - **we'd love to see you there!**



## Staines-upon-Thames Day



What a brilliant day it was last year!

Make sure you join us this year for fun activities, exclusive deals and prizes!!

## Shepperton Marina Open Day

We're absolutely thrilled to announce that we'll be hosting a pop-up stall at Shepperton Marina for their Annual Open Day on 27th June 2026, kicking off from 10am!

It's set to be a fantastic day packed with energy and excitement - featuring boats for sale, creative craft stalls, live music, and loads of fun for all the family.

Best of all, it's completely **FREE** entry and there's no booking needed - just turn up, explore, and enjoy the atmosphere!

We can't wait to see you there!




**SHEPPERTON MARINA**  
OPEN DAY



SHEPPERTON MARINA  
FELIX LANE  
TW17 8NS

**OPEN 10AM | 27TH JUNE 2026**

BOATS | CRAFT STALLS | FOOD | BAR  
LIVE MUSIC | BOUNCY CASTLE | FAMILY FUN



SHEPPERTON  
MARINA



Follow us on social media

