



FEBRUARY NEWSLETTER

ISSUE #14

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February is the perfect time to maintain your momentum, stay motivated and continue building healthy habits.

With our new timetables, special offers and exciting challenges, The Thames Club is here to support your goals every step of the way.

We look forward to welcoming you this month and helping you make February a strong, positive, and successful part of your year at The Thames Club.



LETTER FROM THE LEADERSHIP TEAM

Dear Members,

February is here! After a long January, we're excited to bring you new events, offers, and updates to enhance your Thames Club experience.

Facilities Update

Our dedicated facilities team has been hard at work to ensure the club remains in top condition:

- Routine maintenance has been completed on gym equipment, the sauna, steam rooms, and Ice Barrel.
- The swimming pool has undergone thorough cleaning and chemical balancing to maintain optimal water quality and safety. Monthly tests continue to show excellent results.
- Our pool plant and boilers are checked regularly, and any issues are addressed promptly.

Your safety remains our priority, with strict health protocols and equipment sanitization in place. Please bear with us during any temporary restrictions during deep-cleaning.

Open Day Success

January's Open Day was a huge success! Huge thank you to our staff for their hard work and to all attendees for joining us. The energy and community spirit were fantastic - we can't wait for the next one!

Upcoming Events

- *Valentine's Day Bake Sale* – 13th February, supporting the British Heart Foundation. We'd love any contributions, whether it's baked goods or donations.
- *POWER of Love Challenge* – Complete 14 power classes, enter the draw and be in with the chance to win one of three prizes! Make sure you take part - you have to be in it to win it.
- *Brentford Games* – A busy month with some exciting matches. Please keep this in mind when planning your visits to the club.

Member Feedback

We've received some fantastic testimonials about our staff and departments this month! Thank you for taking the time to share your thoughts. If there's an instructor, staff member, or area you'd like to highlight next month, please email Chloe at marketing@thethamesclub.co.uk

Thank you for being part of our club community. We look forward to another fun-filled February - see you at the club!

Warm regards,

Kevin

BAR, LOUNGE + EVENTS



Valentine's Day Cake Sale

Support the British Heart Foundation with a sweet treat!

We'd greatly appreciate any baked good donations - everyone is more than welcome to come along and enjoy some delicious goodies with us.

Thank you for helping us make a difference!



Friday 13th February | 09:00am until 12:00pm

**Share the Love:
Who made your day?**

We love hearing from our members!

If an instructor, team member or area of The Thames Club has made your experience extra special, please let us know!

Your feedback helps us celebrate our staff and keep improving for you.

Send your shout-outs or reviews to Chloe at marketing@thethamesclub.co.uk - we can't wait to hear from you!

GYM

[Click here to see our updated class timetable!](#)

We've added new group exercise classes this February!

Don't miss your chance to try something different in 2026 - book your spot now and start the year strong!

Also available on our website and in-house screens!

MON + WEDS
07:30am

TUES + THURS
06:45am



Just a reminder - our morning gym floor classes now run at new times!

January Article

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

This month's focus: Why Cardio Is Great for Your Heart

**4 PT SESSIONS
FOR
£140**

Personal Training Offer

This February, boost your fitness with our Personal Training bundle!

Get 4 personal training sessions for only £140 - perfect for achieving your 2026 fitness goals or trying something new.

Available to book now throughout February - don't miss out on this amazing deal!

EGYM

Summer bodies are built in Winter

When most people think about getting “summer-ready,” they imagine spring panic workouts and last-minute diets. But the truth is far simpler - and far more effective:

Summer bodies are made in the winter.

Winter is when real results are built. With fewer social distractions and more routine, it’s the perfect time to focus on strength, consistency and long-term health - and that’s where EGYM excels.

Why Winter Training Works

Instead of quick fixes, winter allows you to focus on foundations:

- Building lean muscle
- Improving strength and posture
- Boosting metabolism
- Creating sustainable habits

The muscle you build now helps you burn more calories all year so by summer, the hard work is already done.

How EGYM Helps

EGYM removes the guesswork from strength training with smart, personalised workouts:

- **Tailored to you:** Machines automatically adjust to your body and ability
- **Time-efficient:** Full-body workouts in around 30 minutes
- **Safe & supported:** Guided movements improve technique and confidence
- **Trackable progress:** See your strength and improvements grow

Strength training doesn’t just change how you look - it boosts energy, posture and everyday movement so you feel as good as you look.

Start Now, Thank Yourself Later

Starting in winter means no rushing, no crash dieting, and no stress - just steady progress and real results.

Remember: Summer bodies aren’t built in Summer. They’re made in winter.

Ready to start? Ask a member of the team about EGYM, or email Gayle@thethamesclub.co.uk to book a FREE induction and 2-week trial.

EGYM Member of the Month



Derek Brand

Derek shows up every session with positivity, commitment and determination - singing his way around the EGYM!

No matter the challenge, he keeps moving forward with a smile and energy that inspires everyone.

We’re so proud of you, Derek - keep up the amazing work!

Wellness with Gayle

[Click here to read our Wellness Blog!](#)
This month’s focus: **Beating the Winter blues!**



HOT YOGA CLUB



Silent Sounds Themes

THURSDAYS
7:30PM

With Amanda Free

NEXT SESSIONS:

5TH FEBRUARY - 90'S
12TH FEBRUARY - ANTI VALENTINE'S
19TH FEBRUARY - R&B CLASSICS
29TH FEBRUARY - GUILTY PLEASURES

Rachel's Testimonial

I had Rachel Chapman as my hot yoga coach today and she was fantastic. I really enjoyed the class and came out with a big smile.

I mentioned to Rachel how enjoyable her class was and asked whether she teaches more sessions, as she currently has only two slots. I just wanted to share that, if possible, it would be wonderful to see her offered more classes, as I think she's excellent.

It was a fusion class and absolutely superb.

-Shelley

,



ESLEX BEAUTY + ERAZE INK

February Special Offers

Lash Lift

Was £45 **NOW £35**



Korean Lash Lift

Was £55 **NOW £45**



Skin Booster

Was £160 **NOW £100**

Laser Carbon Facial

Was £100 **NOW £80**

Treat your loved ones this Valentine's Day!



Members receive 10% off all treatments

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



JOURNEY & GEMS

[Click here for this month's edition of Sian's Travel blog!](#)

This articles focus:
Now is the best time to book your 2026 travel!

Sian Pages Travel Blog



Sian Pages

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Member of the Month

SARAH ANDREWS

Sarah Andrews is a true role model. She stuck to her guns and continued to push herself, even on the days she didn't feel like it, achieving an incredible 5.5 stone weight loss through hard work and determination.

Always friendly and incredibly enthusiastic, Sarah is now stronger and fitter than she has ever been. Her positive attitude inspires those around her, making her a very well-deserved Member of the Month.



KEY DATES

Brentford Matches

Date	KO**	Team	Opposition
Sunday 1 st February	13:00PM	B Team	Bristol
Saturday 7 th February	11:30AM	U18	Millwall
Tuesday 10 th February	19:00PM	U18	Brighton
Sunday 15 th February	14:00PM	B Team	Charlton
Saturday 28 th February	14:00PM	B Team	Colchester



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

Power of Love

It's time to get moving and have some fun!

Here's how it works:

1. Attend 14 Power classes in February (BodyPump counts too!).
2. Track your progress using the stickers on the wall chart — just like our Christmas challenge!
3. Complete all 14 classes and get entered into a draw to win 1 of 3 prize bags

Don't miss your chance to win!

Let's see who can power through February with positivity and determination!



NEW CHALLENGE...

POWER of Love

FEBRUARY 2026

Complete 14 POWER classes across the month of Feb...

...to get entered into the draw...

...with the chance to win one of 3 prizes!

*BodyPump classes are included in the challenge

JANUARY RECAP

This January, we hosted our very first Open Day and what an incredible day it was!

From engaging classes to exciting prize draws, it was wonderful to welcome so many visitors and share a glimpse of what makes our community so special.

A heartfelt thank you goes out to all our staff members who came together to make the day such a success. Your dedication, enthusiasm and hard work truly shone through, ensuring everything ran smoothly and everyone had a fantastic experience.

We hope all our visitors enjoyed the day as much as we enjoyed hosting it. We're already looking forward to the next Open Day and can't wait to do it all again!



Open Day



Congratulations to our raffle winner, **Russel Trevethan**.
We hope you enjoy your prize!



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