



JULY NEWSLETTER

ISSUE #19

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

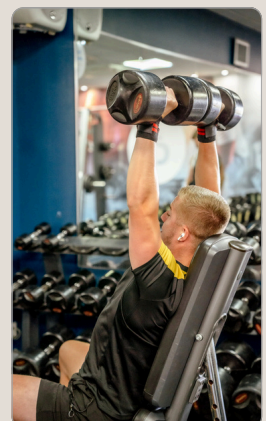


JUNE RECAP

July has arrived, bringing summer energy and plenty of opportunities to make the most of your time at The Thames Club.

Whether you're working towards your fitness goals, enjoying our new Flow Studio, relaxing or spending time with friends and family, we're here to support your wellbeing all summer long.

With exciting events, new challenges and club updates ahead, we can't wait to make July a month to remember!



LETTER FROM THE LEADERSHIP TEAM

Dear Members,

June has been an exciting month for Fitness at Thames Club, with plenty to celebrate!

We're delighted that our beautifully refurbished **Flow Studio** officially reopened following its complete transformation. With upgraded lighting, an enhanced sound system, premium flooring, brand-new mirrors and equipment and a carefully curated atmosphere, the new studio has been designed to elevate every class and create an inspiring space for movement, wellbeing and relaxation.

The reopening was celebrated with a fantastic morning of classes, including a special Les Mills Shapes session led by Master Trainer **Carla Williams**. Combined with the recent refurbishment of our Power Studio, Thames Club now offers two exceptional fitness spaces that support every aspect of your training.

We also launched the latest Les Mills releases, bringing fresh choreography, new music and exciting challenges to your favourite classes: **BodyPump 137**, **BodyBalance 112**, **Sprint 43** and **RPM 110**. If you haven't experienced the new releases yet, now is the perfect time to book your place.

A huge congratulations to everyone who took part in our **June Gym Class Challenge!** Nearly 30 members joined the challenge, with a special congratulations to **Kim Brown**, who claimed the top spot. Well done to everyone who challenged themselves to stay consistent and finish June stronger and fitter.

We're also proud to announce that **EMD UK**, the national governing body for group exercise in the UK, has chosen Thames Club as the host venue for its team training. Being selected as a centre of excellence is fantastic recognition of the quality of our facilities, instructors and fitness programme.

June was also a fantastic month for the club beyond the gym, with both **Staines-upon-Thames Day** and **Shepperton Marina's Open Day** proving to be huge successes. Thank you to everyone who visited us and helped make both events so memorable.

Our **Summer Timetable** launches later this month, bringing a refreshed schedule to help you stay active throughout the summer. We're also looking forward to our popular **Quiz Night**, **Bake Sale** and plenty more exciting events to come. Keep an eye on the Thames Club socials and around the club for all the latest updates - we look forward to seeing you this summer!

Warm regards,
Lindsey



BAR, LOUNGE + EVENTS

Quiz Night

Our Rescheduled Quiz Night is Almost Here!

Join us on **Thursday 16th July** from **6:30pm** for a fun-filled evening of summer-themed trivia!

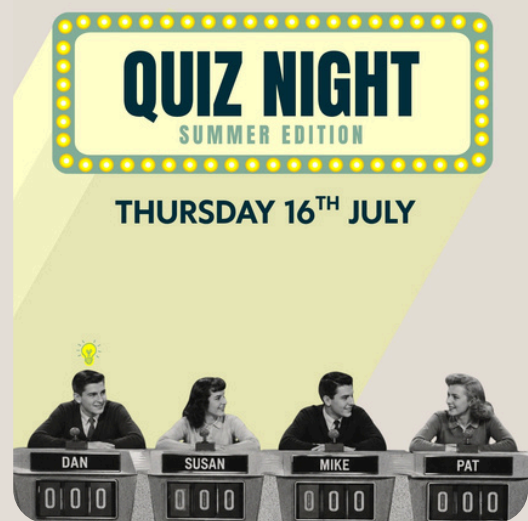
Choose from one of our delicious food options:

- **Fish & Chips** - £16 per ticket
- **Sausage or Veggie Burger & Chips** - £11 per ticket

(Food will be served from 7:00pm.)

There are still tickets available, so round up your team, grab your tickets from our reception and battle it out for quiz glory! 🏆

We can't wait to see you there!



Bake Sale

Join us for a bake sale in support of Michelle's son, **Harley**, who is running the **Berlin Marathon** for **Breakthrough T1D UK**.

Breakthrough T1D UK funds vital research and supports people affected by type 1 diabetes.

All money raised will support Harley's fundraising for this amazing charity!

Please bake, eat and donate to support Harley and this fantastic cause!

BRAND NEW Hot Food

We've now got delicious hot meals available to purchase in the Lounge!

Chose from:

- Pasta carbonara
- Teriyaki chicken noodles

Enjoy your meal in the club or take it home to heat up later - the choice is yours!

Be sure to give them a try next time you're in the club!

Pasta Carbonara



Teriyaki Chicken Noodles

GYM

TRAIN 31

July Gym Challenge

Can you earn 25 points this July?

Take on our Train 31 Challenge and earn points throughout 1–31 July.

How to take part

- Add your name to the Challenge Board.
- Tell a member of the gym team after each activity, and they'll update your score.
- Reach 25 points by 31 July.
- Everyone who reaches 25 points will be entered into the prize draw.



Train more. Do more. Get rewarded.

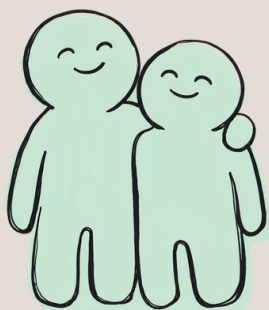
Earn points

- 🏆 Complete a gym workout = 1 point
- 👤 Attend a group exercise class = 2 points
- 👥 Train with a friend = 3 points

Everyone who reaches 25 points will be entered into a random prize draw.

International Day of Friendship

Join us on **Thursday 30th July** for a day of celebrating friendship.



ALL day, members can bring a guest along *completely* free of charge - whether it's a friend, family member or someone you'd love to share the experience with. It's the perfect opportunity to introduce someone new, enjoy the experience together or show them what makes our community so special.

We can't wait to welcome you and your guests!

EGYM

This July, make your health and fitness a priority and discover how EGYM can help you achieve your goals faster, smarter and more effectively.

Whether you're looking to lose weight, build strength, improve your fitness or simply feel healthier and more energised, EGYM provides a personalised training experience tailored specifically to you. The intelligent equipment automatically adjusts to your individual fitness level, tracks your progress, and helps keep you motivated every step of the way.

Why choose EGYM?

- Personalised workouts designed around your goals
- Progress tracking and regular fitness assessments
- Strength, mobility, and fitness improvements
- Quick, efficient workouts in 30mins, suitable for all fitness levels
- Easy-to-use equipment with expert support available

FREE EGYM Induction:

Never used EGYM before? Book your FREE induction session and let us show you how to get the most from your workouts.

Bring a Friend for FREE!

Know someone who would benefit from improving their health and fitness? We're offering a FREE 2-week EGYM trial throughout July. It's the perfect opportunity to experience the benefits of personalised training and see what EGYM can do for you.

To book your FREE induction or claim your FREE 2-week trial, simply email; Gayle@thethamesclub.co.uk

July Focus with EGYM



Don't wait until September - start building healthier habits this summer and feel stronger, fitter and more confident by the end of July!

Hugs,
Gayle x

Wellness with Gayle

[Click here to read our Wellness Blog!](#)
This month's focus: **Embrace your Summer energy!**



HOT YOGA CLUB

Have you been thinking about trying hot yoga? Or do you know someone who has? There's never been a better time to get started.

We're excited to introduce two exclusive offers designed to help you experience everything hot yoga has to offer:

• 2 Classes for £35

A great way to try a couple of classes and discover the benefits of hot yoga.

• 1 Week of Unlimited Classes for £49

Enjoy unlimited access to our classes for an entire week and immerse yourself in your practice.

Whether you're looking to build strength, improve flexibility, or simply try something new, these offers are the perfect way to experience hot yoga.

Any Core or Essential member can book these introductory offers.

Book yours today - we can't wait to welcome you to the studio!



BRAND NEW Hot Yoga Offers



Silent Sounds Themes

THURSDAYS 7:30PM

With Amanda Free



NEXT SESSIONS:

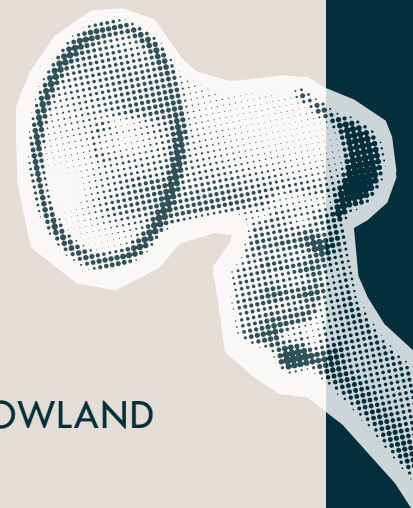
2ND JULY - 90'S

9TH JULY - QUEEN VS PRINCE

16TH JULY - POWER BALLADS

23RD JULY - BEYONCE VS DESTINY'S CHILD VS KELLY ROWLAND

30TH JULY - 80'S NO.1S VOL3



ESLEX BEAUTY + ERAZE INK

July Special Offer

ESLEX
LASER & BEAUTY

LASER
HAIR REMOVAL

Get **SMOOTH**
for *Summer*

Long-lasting smooth skin.
All summer long. ♥

20% OFF
ALL 5 & 10 SESSION
BOOKINGS

SMOOTHER SKIN LONG LASTING RESULTS CONFIDENCE ALL SUMMER

@The Thames Club - Ask At Reception

Make smooth skin your summer essential - book your appointment today!



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:
The ultimate act of self-care!

Sian Pages Travel Blog



Member of the Month

Harpreet is incredibly kind, friendly, and a genuine pleasure to have around. She brightens everyone's day when she walks through the door and brings such a positive energy to the club.

She's always up for a chat, brings plenty of laughs to reception, and creates a welcoming atmosphere. Her warm personality and sense of humour make her a valued part of our gym community.

Not only that, but she's also consistent and committed to her training, always putting the work in and leading by example with her positive attitude.

HARPREET LEHAL



[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

JUNE RECAP

What an amazing day! It was so lovely to see so many of you there and our Hang Bar Competition was a roaring success!

Beautiful weather, brilliant vibes and an even better workout led by Jess and Lindsey - what more could we ask for?

A huge thank you to all of our incredible team members for getting involved and helping to make the day such a success. And, of course, thank you to everyone who came along, cheered us on, and had a go at the Longest Hang Challenge. We loved seeing so many of you get involved!

We can't wait to do it all again next year!



Staines-upon-Thames Day



Shepperton Marina Open Day

Shepperton Marina's first-ever Open Day was a huge success! The weather was perfect and it was fantastic to see such a brilliant turnout.



A huge thank you for inviting us to be part of such a wonderful event.

We had a great time and can't wait to do it all again next year!

After a long wait, on 10th June we officially launched the BRAND NEW Flow Studio!

A huge thank you to **Carla** for leading an incredible Les Mills Shapes class, and to **Michelle** and **Jess** for providing delicious protein smoothie tasters.

A special thank you to **Lindsey, Kevin** and the team behind the scenes, whose hard work transformed the space into the fantastic studio it is today.

Thank you to everyone who joined us and made the launch such a success. We really hope you're enjoying the brand new space!

Flow Studio Launch





Follow us on social media

