



# DECEMBER NEWSLETTER

ISSUE #12

## What's in this months edition?



LETTER FROM THE  
LEADERSHIP TEAM



BAR, LOUNGE +  
EVENTS



GYM



EGYM



HOT YOGA CLUB



AURA



JOURNEY  
+GEMS



NOVEMBER RECAP

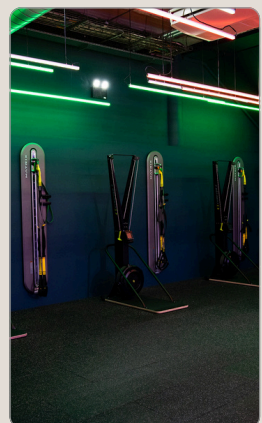


IMPORTANT DATES

December is here, and The Thames Club is lighting up the season with warmth, wellness, and connection.

As we wrap up another incredible year, we're celebrating our community's achievements and looking forward to all the opportunities the new year will bring. December is the perfect time to pause, recharge, and savor special moments.

Join us for festive events, holiday offers, and ways to make this season truly special with The Thames Club.



# LETTER FROM THE LEADERSHIP TEAM

Dear Members,

Can you believe it's already December? What an incredible year it has been at The Thames Club!

I'm excited to share that we were named **runners-up** for the **National Fitness Awards - Health Club of the Year**. To be recognised alongside such outstanding clubs is an achievement we're truly proud of. A big congratulations to this year's deserving winners.

Thank you to each and every one of you for helping us reach this milestone - and yes... going into the New Year, it can get even better!

## Member of the Month

A huge congratulations to our Member of the Month, Richard Cozens! Richard's commitment and energy are inspiring – thank you for being such a fantastic part of our club community.

## Festive Generosity

A massive thank you to everyone who generously donated chocolate treats for White Lodge this Christmas – your kindness really makes a difference.

## Exciting Festive Events

We've got a fantastic lineup of festive events coming up, including:

- Our annual Christmas Quiz
- Save the Children Christmas Jumper Day celebrations
- Hot Yoga: 12 Days of Christmas – the perfect excuse to try my personal favourite, Amanda Harvey's Hot Pilates! If you haven't joined her early Monday morning class yet, I highly recommend it – it's the perfect way to kick-start your week with energy and positivity.

## Membership Updates

Please check your emails for an important update from me. If you have any questions about your membership, don't hesitate to reach out - I'm always happy to help!

You can contact me at [\*\*jess.mason@thethamesclub.co.uk\*\*](mailto:jess.mason@thethamesclub.co.uk)

Thank you all for another wonderful month, and here's to a fantastic festive season and an even brighter New Year at The Thames Club!

Warm regards,

**Jess**

# BAR, LOUNGE + EVENTS

## Save the Children Christmas Jumper Day + Bake Sale

This year, we're celebrating **Save the Children's Christmas Jumper Day!** Wear your favourite festive jumper and join us in supporting this wonderful cause.

We'll also be hosting a bake sale on the day to raise funds - any festive treats or bakes you can donate would be hugely appreciated.

**Come along, get into the festive spirit, and help make a difference!**

Text **THAMES** to **70050** → to donate **£5** to **Save the Children**

**Thursday 11<sup>th</sup> December**



## Christmas Quiz



Thursday 4th December is almost here - and our annual Christmas Quiz is now booked solid!

We can't wait to see you there ready for some festive trivia.

Bring your brightest, boldest Christmas jumper... the most festive wins a prize!

Bar open: **6:30pm**  
Food from: **7pm**  
Quiz from: **7:30pm**

# GYM



SPELTHORNE  
BUSINESS AWARDS  
2025

## WINNERS!

We're thrilled to share that we've been named:

**Best Business in Staines-upon-Thames and Uxbridge**

A huge thank you to everyone who has supported us - this recognition means the world.



## WINNERS!

We're incredibly proud to share that we've been awarded:

**National Independent Club of the Year!**

This achievement is a testament to our team's dedication and the incredible support we receive from our members and community. Thank you for helping us reach this milestone!



NATIONAL  
FITNESS AWARDS  
SHORT-LISTED

## RUNNERS-UP!

Thrilled to share that we were runners-up for:

**Health Club of the Year!**

It's an honour to be recognised alongside such outstanding clubs. Congratulations to this year's winners!

## Award Nomination Results

## Important update to Class Booking Policy

*\*Effective from **December 1st**, we kindly ask that you read and familiarize yourself with the upcoming changes to ensure you are fully aware of how they may affect your bookings.*

[Please click here to read the latest update on our class booking policy.](#)



**4 PT SESSIONS  
FOR  
£140**

## Christmas PT Offer

This December, take advantage of our incredible Personal Training bundle:  
**4 personal training sessions for only £140!**

Perfect as a gift, a treat for yourself, or just to make the most of this amazing deal.

Available to book now until Christmas Day.

To book, email:  
[hollie.stevens@thethamesclub.co.uk](mailto:hollie.stevens@thethamesclub.co.uk)

# EGYM

## Stay on track this December with EGYM

December is a busy month, but your fitness routine doesn't have to suffer. With EGYM, you can enjoy fast, effective workouts that fit easily into your festive schedule.

### Why EGYM Is Perfect for December:

- Quick 30-minute full-body workouts when you're short on time
- Smart machines adjust automatically - no setup, no stress
- Keeps you progressing, even with fewer sessions
- Great for burning extra festive calories and boosting energy
- Tracks your progress to keep you motivated through the holidays

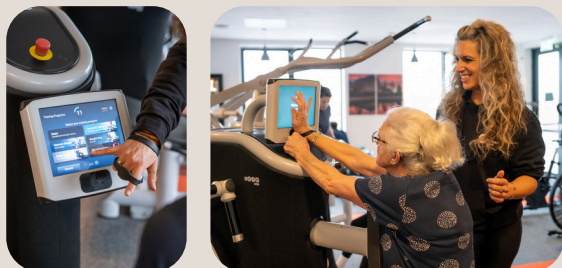
### The Best EGYM Programs for the Festive Season:

- *Metabolic*: high calorie burn
- *General Fitness*: balanced and flexible
- *Body Toning / Muscle Build*: maintain shape and strength
- *Immunity Boost*: gentle and restorative

### We're Here to Help:

Need a refresh or want to switch programs? or know someone that would like to try EGYM. We are here to support you throughout December and your wellness journey.

Email Gayle to ask about changing your program or to book someone in for an induction:  
[Gayle.cole@thethamesclub.co.uk](mailto:Gayle.cole@thethamesclub.co.uk)



## Wellness with Gayle

[Click here to read our Wellness Blog!](#)  
This month's focus: **Tips + Tools for the Festive Season**



# HOT YOGA CLUB



## Silent Sounds Themes

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

With Amanda Free

NEXT SESSIONS:

**4<sup>TH</sup> DECEMBER - FLEETWOOD MAC**

**11<sup>TH</sup> DECEMBER - QUEEN**

**18<sup>TH</sup> DECEMBER - COLD AS ICE (not Xmas songs!)**

## Sound Meditation with Reiki Shine

**Sunday 21st December**  
**3PM - 4.30PM**

To secure your place:

Email: [enquiries@hotyogaclub.co.uk](mailto:enquiries@hotyogaclub.co.uk)

Call: 01784463100



£22.50 for **MEMBERS**  
£25 for **NON-MEMBERS**



**12<sup>th</sup> December**  
until  
**24<sup>th</sup> December**

We're bringing back our hot yoga challenge with a festive twist!

From **12<sup>th</sup>–24<sup>th</sup> December**, complete as many classes as you can for a chance to win.

- **Grand Prize:** Christmas Hamper + 1-month free HYC class pass
- **Runner-Up Prizes:** 2 festive goodie bags

Stay warm, stay motivated, and flow into the holidays!

## 12 days of Christmas

# AURA

## December Specials

Members receive 10% off all treatments  
[Click here to see Lucja's price list](#)



This month only:

- Frozen Skin Recovery Facial **ONLY £39** -
- Glow Facial + Brow Shape Combo **ONLY £45** -

**Frozen Skin Recovery Facial:** Give your skin a winter reset with this deeply hydrating, soothing, and barrier-repairing facial.

Designed to calm dryness, reduce redness, and restore moisture, this treatment leaves your skin feeling soft, balanced, and frost-proof for the colder months.

Perfect for anyone needing a gentle yet effective recovery boost.

**Glow Facial + Brow Shape Combo:** The ultimate pre-Christmas refresh.

This treatment pairs a brightening glow facial with a precision brow shape to lift, define, and illuminate your features.

Expect smoother skin, a natural radiance, and beautifully framed brows - all in one appointment.

# JOURNEY & GEMS

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

This articles focus:

**Say Goodbye to Passport Stamps -  
Welcome the EU Entry/Exit System!**

## Sian Pages Travel Blog



## Sian Pages

Not Just Travel  
Worlds #1 Lifestyle Franchise & Europe's #1 Franchise

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Member of the  
Month

# RICHARD COZENS

Richard Cozens is a model of positivity from the moment he walks into the club- always greeting the team with a warm "good morning" and wishing everyone a great day.

As one of our most loyal Ultimate members, he shows outstanding consistency in his weekly Hot Yoga, Spin, and BodyPump sessions.

His dedication and friendly presence make him a valued part of our community.

Thank you Richard!





# NOVEMBER RECAP



**Reed**  
...



## Reed Charity Quiz Night

On Thursday 13th November, we hosted Reed's charity pub quiz in support of Holly's Heroes!

We were honoured to bring everyone together for such a fun, energising, and inspiring evening.

A huge thank you to everyone who came along, took part, and challenged each other in the name of an amazing cause. Your enthusiasm and generosity made the night truly special!

## White Lodge Christmas Chocolate Donations

As a club, we were delighted to donate a huge amount of chocolate treats to the young people of White Lodge.

Your generosity has been incredible - thank you to everyone who donated and supported the cause.

Together, we've helped make Christmas brighter for so many children, and we couldn't be prouder of what our community has achieved



# IMPORTANT DATES

| Date                              | KO**    | Team   | Opposition           |
|-----------------------------------|---------|--------|----------------------|
| Saturday 6 <sup>th</sup> December | 11:30AM | U18s   | AFC Bournemouth U18s |
| Monday 8 <sup>th</sup> December   | 19:00PM | B Team | West Brom U21s       |
| Sunday 14 <sup>th</sup> December  | 14:00PM | B Team | Luton Town U21s      |

## Brentford Matches



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)

## Christmas Opening Times



|                           |            |
|---------------------------|------------|
| Monday 22 <sup>nd</sup>   | 6AM - 10PM |
| Tuesday 23 <sup>rd</sup>  | 6AM - 10PM |
| Christmas Eve             | 8AM - 3PM  |
| Christmas Day             | CLOSED     |
| Boxing Day                | CLOSED     |
| Saturday 27 <sup>th</sup> | 8AM - 6PM  |
| Sunday 28 <sup>th</sup>   | 8AM - 6PM  |
| Monday 29 <sup>th</sup>   | 6AM - 10PM |
| Tuesday 30 <sup>th</sup>  | 6AM - 10PM |
| New Year's Eve            | 8AM - 3PM  |
| New Year's Day            | CLOSED     |





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