



# AUGUST NEWSLETTER

ISSUE #20

## What's in this months edition?



LETTER FROM THE  
LEADERSHIP TEAM



BAR, LOUNGE +  
EVENTS



GYM



EGYM



HOT YOGA CLUB



JOURNEY  
+GEMS

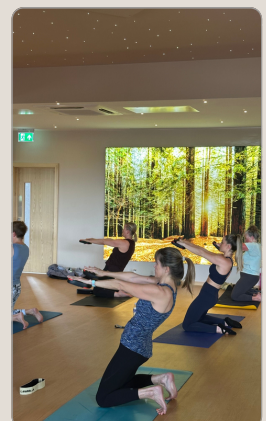


CLUB NEWS +  
OPPORTUNITIES

August is here, and it's the perfect time to keep moving, stay motivated and make the most of everything The Thames Club has to offer.

From keeping up your training and trying something new to enjoying time to relax and recharge, there's plenty happening across the club this month.

With new challenges, exciting events and plenty of ways to stay active, we're looking forward to making August one to remember!



# LETTER FROM THE LEADERSHIP TEAM

Dear Members,

July has been another fantastic month at Thames Club, with plenty happening both within the club and out in our local community.

A huge thank you to everyone who got involved in our **FIFA Club World Cup Sweepstake**. It was great to see so many members taking part and following the tournament together.

Congratulations to our lucky winner, **John Starbrook**, who came out on top and claimed the prize!

We're also incredibly proud to have supported **Breakthrough T1D UK** with our recent Bake Sale. Thank you to everyone who baked, donated and purchased treats throughout the day. Your generosity helped raise valuable funds for an important cause, and we truly appreciate the support from our wonderful club community.

This month, Thames Club was also delighted to take part in **The Luminarium** in Staines town centre. As part of this fantastic community event, our fitness team delivered a series of yoga sessions alongside a relaxing Sound Bath experience in our immersive Sensory Pod, giving visitors the opportunity to pause, unwind and experience the wellbeing side of Thames Club.

It was also wonderful to celebrate our **International Day of Friendship** with our members. A huge thank you to everyone who joined us and brought along guests to share in the celebrations. It was so lovely to see the club filled with new faces, friendly conversations and such a positive atmosphere.

A big congratulations to our Member of the Month, **Wayne Matthews**! Thank you for being such a valued part of the Thames Club community. We're delighted to recognise your commitment and the positive contribution you continue to make.

Our **Summer Timetable** is now in full swing, offering a wide variety of classes to help you stay active throughout the season. Whether you're trying something new or attending your regular favourites, there's something for everyone.

Don't forget to take part in our **August Gym Challenge: The 12 Workout Challenge**. It's a great opportunity to set yourself a goal, stay motivated and challenge yourself throughout the month. We can't wait to see everyone getting involved!

Be sure to check out the upcoming events from **Holly's Heroes** and take a look at the exciting **EGYM August events** for more ways to get involved and stay motivated throughout the month.

As always, keep an eye on our social media channels and around the club for the latest fitness news, upcoming events and exciting announcements.

We have plenty more planned over the coming months, and we look forward to seeing you in the club soon.

Warm regards,  
**Jess**



# BAR, LOUNGE + EVENTS

## Holly's Heroes Upcoming Events


**FUNDRAISING EVENTS 2026**

- 06 SEP** THORPE PARK 5 & 10K  
Staines
- 13 SEP** LONDON TO BRIGHTON BIKE RIDE  
14 spaces available
- 04 OCT** HOLLY'S HEROES 5K - RUN OR WALK  
Bedfont Lakes Ashford
- 18 OCT** GREAT SOUTH RUN  
Portsmouth


**FUNDRAISING EVENTS 2027**

- 04 APR** LONDON LANDMARKS HALF MARATHON
- 04 APR** BRIGHTON MARATHON
- 16 MAY** HACKNEY HALF MARATHON

**Holly's Heroes**, one of the charities we're proud to support, has some exciting fundraising events coming up throughout the **rest of this year** and into **2027!**

If you'd like to get involved and take part, simply **click the link below to find out more and sign up.**

Let's come together and make a real difference!

[Click here to explore all of Holly's Heroes' upcoming events and find out how to sign up](#)



**BMW**  
**BERLIN**  
**MARATHON**  
September 27, 2026



## Bake Sale

A huge thank you to everyone who supported our bake sale in aid of Michelle's son, **Harley**, who is running the **Berlin Marathon for Breakthrough T1D UK!**

The bake sale went really well, and thanks to your incredible generosity, we've raised **£185** through Harley's **GoFundMe page**, plus around **£90 in cash donations** so far!

A massive thank you to everyone who came along, baked something delicious, donated and helped support Harley and this fantastic cause.

Your generosity means so much!

## BRAND NEW Smoothies + Protein

**Summer has arrived**, and so have our brand new summer-themed smoothies! We've also got delicious strawberry-flavoured protein sachets available to buy.

Pop into the lounge, give them a try and let us know your favourite!



## BRAND NEW SMOOTHIES



**A Taste of Summer**  
Strawberry, Cherry, Mango, Banana, Raspberry, Blackcurrant, Protein shot



**Coco Loco**  
Mango, Coconut, Lime, Pineapple, Mint, Protein shot

Healthy Never Tasted So Good!



# GYM

## *The 12 Workout Challenge*

Ready to stay motivated, build consistency and make progress towards your fitness goals this August?

### Here's the challenge:

Complete 12 workouts during August.



### What counts?

- Gym workouts ✓
- Gym floor classes ✓
- EGYM workouts ✓

Whether you're building strength, improving your fitness, or simply creating healthier habits, this challenge is the perfect way to stay on track and keep yourself accountable.

### Bonus!

Everyone who completes **all 12 workouts** will be entered into a **prize draw** for the chance to win!



**12 workouts. One month. Your goals.**  
**Your chance to win.**

Are you in? 💪

## Goodbye to Alfie



In July, we said a heartfelt goodbye to our lovely Alfie after almost three years with us.

Alfie has been such a brilliant part of the team and we'll all really miss having him around. His hard work, personality and contribution have been hugely appreciated and we're so grateful for the time he's spent with us.

Wishing him all the very best and lots of happiness for whatever comes next!

And, as a parting gift, Alfie has blessed us with one final article - leaving us with one last piece of his expertise before he goes!

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

### Exciting news!

We've revised our summer class timetable to bring you an even better schedule.

Be sure to click the link to view the updated timetable and see what's new - we can't wait to see you in class this summer!

## Summer Timetable

[Click here to see the Summer timetable](#)

# EGYM

August is a busy month with holidays, family days out and enjoying the sunshine, which can make it difficult to stick to your fitness routine. The good news is that with EGYM, you don't need to spend hours in the gym to stay on track.

A complete EGYM strength workout takes less than 30 minutes, making it easy to fit around your summer plans while maintaining your strength, fitness and healthy habits. The smart machines automatically adjust to your individual strength, guiding you through every exercise and tracking your progress, so every workout is personalised, safe and effective.

Whether you're looking to maintain your fitness over the summer, boost your energy, improve your strength or get back into a routine before autumn, EGYM is a quick and convenient way to achieve your goals.

## Stay Strong this Summer



### A little reminder;

1. Please remember to log in to the black box on EGYM reception when you check in for EGYM
2. Do try your best when your strength tests automatically pop up, as they help set the correct weight for the program that it will change to and avoid you having difficulty, they also help you keep progressing at your best!



### EGYM DEMO DAYS

Thursday 20th August  
+  
Wednesday 26th August

11:00am – 1:00pm

*Drop in anytime during these sessions for extra support with your EGYM journey. Whether you'd like to update your programme, complete a guided strength test, check your progress, or simply ask any questions, we're here to help you get the most from your workouts.*

### EGYM SOCIAL

Thursday 27th August

12:30pm – 1:30pm

*Come along to meet other members from our friendly EGYM community! We'll be providing cakes, and you're welcome to purchase a drink from the café while getting to know your fellow EGYM members. It's a relaxed opportunity to chat, share your fitness journey, and meet new people you may not have met during the times you usually workout.*

### AUGUST EGYM EVENTS



If you'd like to come along for the EGYM social, please email Gayle on; [gayle@thethamesclub.co.uk](mailto:gayle@thethamesclub.co.uk) to confirm your space (so I know numbers for cakes)

**Train smarter, stay consistent and enjoy your summer with EGYM!**

## Wellness with Gayle

Click here to read our Wellness Blog!  
This month's focus: **Feel your best this August!**



# HOT YOGA CLUB

Ready to turn up the heat this August?

Enjoy **2 WEEKS OF UNLIMITED HOT CLASSES** at The Thames Club for **just £59!**

Try as many classes as you like, discover your favourites and experience everything our Hot Studio has to offer.

- ✦ 2 weeks unlimited
- ✦ Just £59
- ✦ One-time purchase per person
- ✦ Available 1–31 August

Whether you're brand new to Hot Yoga or ready to take your practice to the next level, this is your chance to experience unlimited hot classes for less.

*Any Core or Essential member can book these introductory offers.*

**Limited-time August offer - don't miss out!**

## BRAND NEW AUGUST Offer



[Click here for more information or to book now!](#)

## Silent Sounds Themes



## THURSDAYS 7:30PM

With Amanda Free

NEXT SESSIONS:

**6<sup>TH</sup> AUGUST - SUN, MOON + STARS**

**13<sup>TH</sup> AUGUST - ROCK + POP ANTHEMS**

**20<sup>TH</sup> AUGUST - LUTHER VS DIANA**

**27<sup>TH</sup> AUGUST - HOTTER THAN JULY**

# JOURNEY & GEMS

Click here for this month's edition of Sian's Travel blog!

This articles focus:  
**The secret to living to 100!**

## Sian Pages Travel Blog



## Member of the Month

Wayne is incredibly positive, friendly and always a genuine pleasure to have around. He always takes the time to say hello and brings such great energy to the club whenever he walks through the door.

He's always willing to get involved, whether that's taking part in our social media activities or trying something new. His enthusiasm and positive attitude are infectious and he helps create such a welcoming atmosphere.

Wayne's willingness to give anything a go and connect with others makes him such a valued part of our gym community.

# WAYNE MATTHEWS



**Aqua Aerobics 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

# CLUB NEWS & OPPORTUNITIES

We have some exciting news to share!

We're incredibly proud to announce that The Thames Club has been shortlisted as a finalist for the **Spelthorne Business Awards 2026**, in the **Best Leisure Award** category.

We're also delighted to share that our very own **Jack Slade** has been named a finalist for **Businessperson of the Year** - a fantastic achievement and well-deserved recognition of his hard work and dedication.

And the good news doesn't stop there! We're also incredibly proud to have been shortlisted once again for the **ukactive Awards 2026** in the **National Independent Club/Centre of the Year** category.

These achievements are a huge reflection of the hard work and commitment of our entire team, as well as the support of our wonderful members and community.

A huge thank you to everyone who continues to be part of The Thames Club journey - we're incredibly proud to be recognised alongside so many fantastic businesses and individuals.

*Here's to the finals!*

We're  
Finalists!



## Keep them busy for FREE this Summer!

Looking for something to keep your teenagers occupied at the weekends and away from the Xbox?

Join us for **FREE** Saturday sessions from **5:30pm-7pm**, running **every Saturday** from **25th July to 29th August!**

📍 21 Powerhouse, Woodthorpe Road, Ashford, Surrey, TW15 2RP

📅 Every Saturday | 5:30pm-7pm

💰 Completely FREE!

Register for free and secure your space with Orla at [orlaleeg@gmail.com](mailto:orlaleeg@gmail.com).



Fully funded 6-week summer holiday programme for young people

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**Understand your legal rights**  
**Gain financial knowledge to navigate life**  
**Build your confidence and develop critical thinking**  
**Enhance your communication and conflict resolution skills**  
**Work experience opportunities**

Every Saturday 5:30pm - 7:00pm  
(from 25<sup>th</sup> July - 29<sup>th</sup> August 2026)  
21 Powerhouse, Woodthorpe Road, Ashford Surrey, TW15 2RP

Free Registration: Email [orlaleeg@gmail.com](mailto:orlaleeg@gmail.com)

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