



OCTOBER NEWSLETTER

ISSUE #22

What's in this months edition?



LETTER FROM THE
LEADERSHIP TEAM



BAR, LOUNGE +
EVENTS



GYM



EGYM



HOT YOGA CLUB



ERAZE INK + ESLEX
BEAUTY



JOURNEY
+GEMS



KEY DATES

October is all about keeping your momentum going as we head into a new season at The Thames Club.

With cooler days ahead, it's a great time to focus on your health and wellbeing, stay consistent with your routine and make the most of everything the club has to offer.

From new challenges and club activities to fundraising events and opportunities to come together, there's plenty happening across the club this month.



LETTER FROM THE LEADERSHIP TEAM

Dear Members,

October is here, and we have plenty to celebrate at The Thames Club, with fantastic fundraising achievements, exciting announcements and more events to look forward to!

First, a huge thank you to everyone who joined us for our **September Open Day**. It was a great success and it was amazing to welcome so many new faces through our doors. Thank you to everyone who got involved and helped make the day so special.

We also had an incredible result from our two **Macmillan Bake Sales**, raising a whopping **over £300** in total! A massive thank you to everyone who baked, donated and enjoyed a sweet treat to support this fantastic cause. Your generosity really makes a difference.

Well done to everyone who completed our **30-Day Class Challenge**! We've seen some amazing commitment and our winner will be announced very soon, so keep an eye out.

We hope you also enjoyed some of our exciting September highlights, including the **Midas Plus Quiz & Race Night** and our exclusive **2 Weeks of Unlimited Hot Classes for £59** offer. It's been fantastic to bring our community together through these special events and experiences.

Looking ahead, we'll be celebrating **Wear It Pink Day on Friday 23rd October** in support of Breast Cancer Now. We'll be hosting a **bake sale from 9am-1pm** and our **Big Pink Quiz at 11:45am**. Come along, grab a sweet treat and take a seat to get involved as we raise funds for this important cause!

We're delighted to be finalists for some incredible awards this year, including **Best Leisure Award at the Spelthorne Business Awards**, **National Independent Club/Centre of the Year at the ukactive Awards** and **Health Club of the Year at the National Fitness Awards**.

The winners will be announced very soon, so keep your fingers crossed! We're incredibly proud of our team and community.

As many of you know, **The Thames Club is now part of the David Lloyd Clubs** family! We look forward to sharing more exciting updates over the coming months.

Finally, a massive congratulations to our Member of the Month, **Angie Wheelan**! Angie always arrives with a smile and brings positivity to the club, tackling tough classes such as Rock Om with enthusiasm. She's a real star and we're so lucky to have her as part of our community!

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

We look forward to seeing you in the club throughout October.

Warm regards,
Kevin



BAR, LOUNGE + EVENTS

Bake Sale Roundups

A huge thank you to everyone who supported our recent fundraising events! ❤️

Together, we raised **over £180 from Alison and Gregg's bake sale in support of their Macmillan Hike**, plus an incredible **£125 at our Macmillan Coffee Morning!**

Thank you to everyone who baked, donated and grabbed a treat.

Your generosity has made a real difference, and we couldn't have done it without you all!



Supporting

MACMILLAN
CANCER SUPPORT



FRIDAY 23RD OCTOBER

Bake Sale | 9am–1pm
The Big Pink Quiz | 11:45am

Breast Cancer NOW Coffee, Cake and Quiz

Come down and join us for a lovely morning of coffee, cake and FUNdraising, as we come together to support Breast Cancer Now.

Bake, donate, grab a slice or simply come along and enjoy the quiz - every contribution helps support a fantastic cause.

We'd love to see you there!

[Click here to donate and support Breast Cancer Now.](#)

**BREAST
CANCER
NOW**
The research
& care charity

October Smoothie Special



POWER IN PINK

Huge Congratulations to Henry

We're incredibly proud to celebrate Henry, who has won **1st place in the Men's Youth Group for Great Britain at the Acrobatic Gymnastics World Championships in Pesaro, Italy!**

What an incredible achievement, Henry - well done!

Make sure you give Henry a big well done when you see him around the club!



GYM

Gym Challenge



WALK 100 MILES
FOR BREAST CANCER NOW

EVERY MILE MATTERS

100-MILE WALKING CHALLENGE

This October, take on our 100-Mile Walking Challenge in support of Breast Cancer Now. ❤️

Grab your personal step tracker from reception and start working towards walking 100 miles throughout the month.

Report your mileage to a member of our gym team each week so we can update your progress on our big gym challenge board alongside other participants.

Every mile counts towards supporting a cause that matters.

Ready to take on the challenge?

Get involved in our themed classes this October!

On **Friday 23rd October**, we'll be hosting **PINK-themed classes** throughout the day in support of **Breast Cancer Now** as part of our Wear It Pink fundraising day.

And the fun doesn't stop there!

Keep an eye out for our **Halloween-themed classes** later in the month, bringing a seasonal twist to your usual workout.

More details coming soon!

Themed Classes



Nick's Article



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

His focus: Keeping up good lifestyle choices and motivation moving into the winter months

EGYM

As we head into October, the days get shorter, routines change and it can be tempting to put our own wellbeing to the bottom of the list.

But this is the perfect time to reset your routine, reconnect with yourself and keep moving towards feeling your best.

Whether you're using EGYM, taking part in classes, having a swim or simply looking for a little more balance, remember:

Your wellbeing matters all year round.

EGYM - YOUR SMARTER WAY TO TRAIN:

Have you tried using EGYM yet?

EGYM makes it easier to get the most from your gym time by providing personalised training and helping you track your progress.

It's not about competing with anyone else.

It's about becoming stronger, healthier and more confident in YOUR own body.

RESET • REFRESH RECONNECT



EGYM tip of the month:

Don't just look at the number on the screen - notice how you **FEEL**:

Are you lifting more?
Moving better?
Feeling stronger?
Recovering quicker?
Feeling more confident?

Those are wins too!

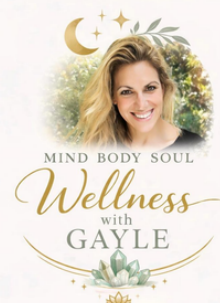
This month's EGYM focus:

Consistency over perfection.
You don't need to have a perfect week!
You don't need to smash every workout!
You simply need to keep showing up!
Every session counts. Every improvement counts.
Every time you choose to move, you're investing in yourself.

To book a FREE induction, email Gayle at:
Gayle@thethamesclub.co.uk

Wellness with Gayle

[Click here to read our Wellness Blog!](#)
This month's focus: Look after your mind as well as your body



HOT YOGA CLUB

We will miss you

This September, we said goodbye to our lovely Laura who has been part of The Thames Club family for almost 9 years!

From teaching incredible classes to taking on a management role, Laura has brought so much energy, positivity and plenty of smiles to the club over the years.

We'll miss her dearly and are so grateful for everything she's brought to The Thames Club. Wishing you all the very best for your next chapter, Laura!

Make sure to give her a big goodbye when you see her around the club!

We say goodbye to Laura



Silent Sounds Themes

THURSDAYS 7:30PM

With Amanda Free



NEXT SESSIONS:

1ST OCTOBER - MARIAH VS JANET

8TH OCTOBER - GONE SOLO

15TH OCTOBER - ROYAL

22ND OCTOBER - DISCO

29TH OCTOBER - SPOOKY



ESLEX BEAUTY + ERAZE INK

October Special Offer

The graphic features the logos for ERAZE INK and ESLEX LASER & BEAUTY at the top. Below them, a gold banner reads 'NEW TREATMENT AVAILABLE'. The main headline is 'LASER REMOVAL FOR MOLES, WARTS & SKIN TAGS'. A list of benefits includes 'SAFE • EFFECTIVE • PRECISE • MINIMAL DOWNTIME'. A large gold circle highlights '30% OFF FOR ALL MEMBERS'. A circular badge on the left says 'BOOK YOUR FREE CONSULTATION & PATCH TEST TODAY!'. Three icons on the right represent 'PRECISION' (target), 'SAFE & EFFECTIVE' (shield with check), and 'QUICK & CONVENIENT' (clock). A small badge at the bottom right says 'SUITABLE FOR ALL SKIN TYPES'. The background shows a close-up of a laser pen treating skin with moles.

ERAZE INK | ESLEX LASER & BEAUTY

NEW TREATMENT AVAILABLE

LASER REMOVAL
FOR
MOLES, WARTS & SKIN TAGS

SAFE • EFFECTIVE • PRECISE • MINIMAL DOWNTIME

30% OFF FOR ALL MEMBERS

BOOK YOUR **FREE** CONSULTATION & PATCH TEST TODAY!

PRECISION
Targets the lesion without damaging surrounding skin.

SAFE & EFFECTIVE
Advanced laser technology for clear, smooth results.

QUICK & CONVENIENT
Fast treatments with minimal downtime.

SUITABLE FOR ALL SKIN TYPES

EXPERT CARE. ADVANCED TECHNOLOGY. BEAUTIFUL RESULTS.

Refresh your skin this **October** with laser removal treatment for unwanted warts, moles and skin tags - book your appointment today!



Members receive 10% off all treatments

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



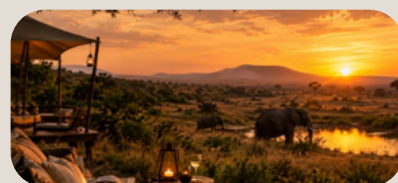
JOURNEY & GEMS

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

This articles focus:

The New Luxury Travel: When the Journey is as Important as the Destination

Sian Pages Travel Blog



Member of the Month

ANGIE WHELAN

Angie Whelan always arrives with a smile and brings such positivity to the Club!

She tackles even the toughest classes, including Rock Om, with enthusiasm and a fantastic attitude.

She's a real star who brings great energy to the Club and is such a lovely part of our community.

We're so lucky to have Angie as a member, and she truly deserves this recognition!

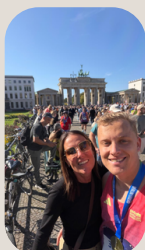


Harley smashes it!

A huge congratulations to Michelle's son, Harley, who completed the Berlin Marathon in **3 hours 44 minutes** - an incredible 12 minutes quicker than his London Marathon time! 🙌

Thank you to everyone who supported his fundraising for Breakthrough T1D UK.

Make sure to congratulate him next time you see him in the club!



John turns 96!

On 18th September, John celebrated an incredible **96th birthday!**

John is a much-loved member of The Thames Club community and truly shows that age is just a number!

Thank you for celebrating with us, John, and we hope you had a fantastic birthday.

Here's to year 96 and many more to come!

KEY DATES

FRIDAY 23RD OCTOBER

SUPPORTING BREAST CANCER NOW

This October, we're joining Breast Cancer Now's Wear It Pink to raise awareness and support vital research and life-changing support for people affected by breast cancer.

Please wear pink with us on 23 October and show your support! Whether it's a pink top, accessories or a full pink outfit, every bit helps.

We'll also be hosting a bake sale to raise funds, alongside a fun Wear It Pink quiz - so come along, get involved and help us make a difference.

Wear pink. Raise money. Have fun. Show your support.

Wear it Pink Day



Brentford Matches



Date	KO**	Team	Opposition
Saturday 10 th October	13:00PM	B Team	Derby County U21s
Sunday 18 th October	13:00PM	B Team	Fulham U21s
Saturday 24 th October	11:30AM	U18	Fulham U18s
Tuesday 3 rd November	19:00PM	U18	Brighton & Hove Albion U18s

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

A NEW SEASON AT
WHEATSHEAF PARK

Use code **THAMESCLUB** to redeem your £1 ticket for Brentford B Team fixtures throughout the season.

EVERTON U21s 13 SEP - 19M
DERBY U21s 12 OCT - 19M
FULHAM U21s 16 OCT - 19M

YOUR NEXT MATCHDAY IS NEXT DOOR

WHEATSHEAF PARK • STAINES-UPON-THAMES • TWIS 2PD

*All fixtures are subject to change.
Please check @BrentfordAcademy on socials for the latest dates and kick off times.



Follow us on social media

