



JANUARY NEWSLETTER

ISSUE #13

What's in this months edition?

- LETTER FROM THE LEADERSHIP TEAM
- FREE OPEN DAY
- BAR, LOUNGE + EVENTS
- GYM
- EGYM
- HOT YOGA CLUB
- AURA
- JOURNEY +GEMS
- NOVEMBER RECAP

The new year is here, and The Thames Club is ready to help you start strong and stay motivated.

January is the perfect time to reset, refocus and ease back into healthy routines. With new classes, updated programmes and exciting opportunities ahead, we're here to support your goals every step of the way.

We look forward to welcoming you back and making the year ahead a positive and successful one at The Thames Club.



LETTER FROM THE LEADERSHIP TEAM

Dear Members,

Happy New Year and welcome back to The Thames Club! I hope you all enjoyed a happy, healthy Christmas and a well-earned festive break. It's great to see the club buzzing again as we step into an exciting new year together.

I'm delighted to share that our 2025 Christmas Quiz Night was a huge success once again, with a fantastic turnout and brilliant atmosphere. Thank you to everyone who joined us – your enthusiasm really makes these evenings special.

We have many more quiz nights and exciting social events planned, so be sure to check out our 2026 calendar on the Events page to see what's coming up.

Charity Bake Sales

Our 2025 charity bake sales were a wonderful achievement.

The Save the Children Christmas Jumper Day sale alone raised over £220, and across all our charity sales this year we have raised over £1,000 for charity - an incredible effort. I would personally like to thank everyone who baked, donated or purchased cakes. The baked goods have been absolutely amazing, and your generosity truly makes a difference.

A massive thank you as well to Paul and our fantastic reception team for their help and support on all of these days – we couldn't have done it without you.

Brentford Matchdays

Brentford home matches have now finished and will resume on Saturday 17th January, when we welcome them back for their match versus Bristol City.

Please keep this in mind when planning your visits to the club.

New Year Updates

Be sure to read through the rest of this newsletter to catch up on all our New Year updates, including:

- New class timetables
- New membership perks
- Fun challenges to kick-start your 2026 goals

There's so much to look forward to and we're excited to support you throughout the year ahead.

Thank you all for being part of our club community.

We're looking forward to another fantastic year at The Thames Club and welcoming you back as we start this New Year together.

Warm regards,

Michelle

FREE OPEN DAY

8AM until 1PM | 10th January 2026

Open to everyone!

Bring partners, friends and family - ALL for free!

WHAT'S ON:

- Guided Club Tours
- Taster Classes
- Refreshments
- Exciting Prize Draws
- Full Gym & Pool Access
- Exclusive Offers



[Click here to see our class timetable for the day!](#)

[Reserve your space here!](#)



Discover why we're proudly recognised as the National Independent Club of the Year.

[View member info & T&Cs](#)

BAR, LOUNGE + EVENTS

2026 Events Calendar

Curious about what's ahead in 2026?
Take a look at our event calendar for the year ahead.

January	TBA
February	Networking Evening
March	Comedy Night
April	Quiz Night
May	Silent Disco (22 nd)
June	Ascot Ladies Day
July	World Cup Month
August	80's Disco
September	Network Event Macmillian Cake Sale
October	Silent Disco (16 th)
November	Comedy Night Breast Cancer Cake Sale
December	Christmas Quiz Save the Children Cake Sale

More details coming soon!

GYM

Beat the Blues – One Move at a Time

January Gym Challenge

January can feel tough, so we're focusing on small, positive steps that make a big difference.

Join our **Beat the Blues - One Move at a Time** Challenge, designed to encourage movement, connection and positive habits.

How it works:

- Complete any 3 simple challenges across:
- **Movement** - e.g. a short workout or walk
- **Mindset** - e.g. mindfulness or reflection
- **Community** - e.g. train with a friend
- Open to all members
- Complete the challenge to be entered into a prize draw

Notify the
gym team to
track your
progress!

No pressure - just small actions that help you feel better, one move at a time.



Hollie's Article

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

This month's focus: **Starting January strong without burning out (or losing joy!)**

New Year Class Timetable

Our New Year timetable has gone live from the 5th!

New classes. New times. New durations.

[Click the here to see the updated timetable.](#)

Also available on our website and in-house screens!

EGYM

Kickstart Your 2026 Fitness Journey with EGYM

January is the month of fresh starts - and what better way to begin the year than by levelling up your fitness routine with EGYM?

Whether you're returning after a break or ready to take your workouts to the next stage, our intelligent equipment is designed to make training more effective, motivating, and personalised than ever.

Why EGYM Is the Perfect Partner for Your January Goals:

EGYM is Personalised to You:

No guesswork. No confusion.

EGYM machines automatically adjust to your height, strength level, and flexibility. You'll start every session with your personalised settings ready to go, helping you feel confident from day one.

EGYM Tracks Your Progress Effortlessly:

Your data syncs straight to the app, allowing you to see improvements in strength, muscle balance, and overall performance. January motivation stays strong when you can see your wins!

EGYM Time-Efficient & Results-Driven:

Busy schedule? No problem.

Complete the full EGYM strength circuit in as little as 30 minutes — making it easier than ever to stick to your New Year routine.

EGYM Supports All Fitness Levels:

Whether you're a beginner, returning from injury, or an experienced member wanting to train smarter, EGYM adapts to you. It even includes training methods like negative mode, adapted resistance, and isometrics for maximising results safely.

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



**Wellness with
Gayle**

[Click here to read our Wellness Blog!](#)

This month's focus: **Start the Year with Mind - Body - Soul Balance**

HOT YOGA CLUB



Silent Sounds Themes

THURSDAYS
7:30PM

With Amanda Free

NEXT SESSIONS:

- 8TH JANUARY - HAPPY NEW YEAR!**
- 15TH JANUARY - MICHAEL JACKSON**
- 22ND JANUARY - LET'S GET PHYSICAL**
- 29TH JANUARY - LET'S GET PHYSICAL**

Premium Memberships Update

From 2026, **ALL** premium memberships now include unlimited hot yoga classes!

Start the year with a sweat and discover the benefits of this energising practice.

New to hot yoga?
Don't worry - here are some beginner-friendly classes we recommend to get you started.

Class Description	Suitable for:
Hot 60 A beginner-friendly full-body hot yoga class inspired by Bikram, combining breathwork with standing and floor postures for strength, balance, and refreshment	Beginners
Warm Candlelit A calming, restorative mat-based class with gentle stretches, long-held postures, soothing music, and candlelight for deep relaxation.	All
Hot Pilates A low-impact, core-focused workout that strengthens and lengthens muscles while improving posture and balance	Beginners / Intermediates
Slow Flow A gentle, beginner-friendly class with slow sun salutations and held postures to stretch, strengthen, and connect body and mind.	Beginners / Intermediates

TREATMENT PARTNERS

AURA

January Special Offer

This month only:

Luxury Radio Frequency Facial
- ONLY £39 -

Luxury Radio Frequency (RF) Facial - a rejuvenating treatment that combines Radio Frequency, a relaxing facial massage, and a deeply hydrating collagen mask. Designed to lift, firm, and refresh your skin while giving you a touch of pampering and pure relaxation.

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



ESLEX BEAUTY + ERAZE INK

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



A huge welcome to Elsex
Beauty & Erase Ink

Located upstairs and
offering an amazing range
of treatments!
Follow them on socials for
special offers & package
deals!

We're thrilled to have you
on board!

JOURNEY & GEMS

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

This articles focus:
New Year, New Places to Visit...

Sian Pages
Travel Blog



Sian Pages

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Member of the
Month

CATHY SCOTT

Cathy Scott is the definition of energy and enthusiasm!

A passionate advocate for group exercise, she can be seen leading Power, Body Pump, aqua aerobics, Pilates, and gym floor sessions.

Her friendly nature makes everyone feel welcome, and her infectious energy inspires others to give their best.

Always encouraging and full of life, Cathy is a true role model and a well-deserved Member of the Month.



DECEMBER RECAP



Freddie's Last Day

For those who may not know, Sunday 21st December was Freddie's last day with us at the Thames Club. He headed off to Brisbane, Australia, on the 29th to start an exciting new chapter in the sunshine!

Freddie joined our sales team in August and quickly made a positive impact, building great relationships with both colleagues and members. He's asked us to pass on a big thank you to everyone for their friendship and for making him feel so welcome.

We'd like to wish Freddie safe travels and all the best for the future - he'll be greatly missed!

Festive club Events



Christmas Quiz
Thursday 4th December



Christmas Jumper Day
Thursday 11th December



Festive Themed Classes
Throughout December



12 days of Christmas
Friday 12th - Wednesday 24th Dec





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