



# MARCH NEWSLETTER

ISSUE #15

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March is shaping up to be a super busy month at The Thames Club, full of exciting events, challenges and opportunities to push your fitness and wellness goals further than ever.

Take advantage of our Member March offer, explore our new timetables, and join in the action - there's something for everyone to stay motivated and engaged all month long.

We can't wait to see you in March and help make it an energising, rewarding, and unforgettable part of your year at The Thames Club.



# LETTER FROM THE LEADERSHIP TEAM

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Dear Members,

February has been full of fitness love here at Thames Club - especially in our Power Studio! Over 50 members took part in our Power of Love Challenge, each aiming to complete 14 Power Studio classes across the month. The energy, commitment and community spirit have been incredible to see.

All challenge finishers will be entered into a prize draw, with our winners revealed in March. They'll receive some amazing Thames Club fitness goodie bags - along with some well-earned powerful pride!

Following the success of our pop-up launch of Power Engine with Coach Hollie, we're excited to announce that this brand-new HYROX-inspired power concept is officially landing on the timetable from March - keeping your training fresh, challenging and fun.

March also welcomes back our ever-popular 21-Day Hot Yoga Challenge - and we think this will be our biggest one yet! Throughout the month, members will work towards completing 21 hot studio classes: a powerful way to build strength, improve flexibility, develop consistency, and leave every session feeling refreshed and re-energised.

With every member receiving a complimentary membership upgrade this month, there has never been a better time to try something new. Whether your goal is to build strength, improve mobility, boost endurance or simply meet more fitness friends, we've got you covered - from Strength Training and Hot Yoga to Reformer Pilates, Indoor Cycle and Functional Fitness.

Here's to an amazing month of March - let's get moving, try something new and continue building our incredible fitness community together.

And don't forget to tag us in your social media posts - we love celebrating your hard work and sharing your achievements!

Warm regards,

**Lindsey**

# MEMBER MARCH

## March membership upgrades

Throughout March, all members receive a FREE one-month upgrade:

- **EGYM → Essential:** Gym, pool & spa access
- **Essential → Core:** Access to all core classes
- **Core → Premium:** Unlimited Hot Yoga + Hot Yoga Challenge
- **Premium → Ultimate:** 4 Reformer Pilates classes + free towel hire
- **Ultimate:** 4 extra Reformer Pilates sessions
- **Hot Yoga & Reformer members:** Gifted an Essential Membership (gym, pool & spa)

*More access. More classes. More to enjoy!*

## Events & Challenges

We've got a month full of exciting events and challenges planned - keep an eye on our in-house screens and socials to see what's coming up!

[Click here to see our March events!](#)

## Guest Passes

Every member, will receive 2 guest passes to use during March to introduce friends and family to The Thames Club and share what makes our community special.

*It's the perfect way to start Spring!*

## Prize for the 5000th club visit

We'll be celebrating our 5,000th member entry through the turnstile during March with a prize bag full of goodies!

*Come down for your workout and it could be you!*



## Huge Congratulations to Visit Staines

We're thrilled to congratulate **Visit Staines** on winning the **Best Community Project** award at the **National BID Awards** last week!

This well-deserved recognition highlights the incredible work Visit Staines has been doing to strengthen and enrich the local community. Their dedication and innovative approach have made a significant impact, and this award is a testament to their outstanding efforts.

We look forward to collaborating with Visit Staines on even more great initiatives in the future and celebrating many more successes together!



# BAR, LOUNGE + EVENTS

This month, we're introducing two brand-new smoothies to our lounge!

Fresh, vibrant and packed with goodness - meet your new favourites:

## Brand New Smoothies

### Detox Zing

*Ginger, courgette, banana, carrot + blueberry*



A refreshing, nutrient-rich blend designed to support absorption of essential vitamins and minerals - helping you stay healthy and energised.

### Avo GoGo

*Avocado, broccoli, spinach, mango, coconut, ginger + lime*



Creamy and tropical with a zingy twist. High in vitamin C and a good source of fibre to support digestion and overall wellbeing.

## Valentine's Bake Sale Thank you!

A massive thank you to everyone who baked and donated in support of the British Heart Foundation.

Together, we raised an incredible **£217.50** - which will make a huge difference and help support vital work.

A special shoutout to Michelle and her team for their hard work in making the day such a success.



## World Book Day

**Thursday 5<sup>th</sup> March | ALL Day**  
In the Lounge

To celebrate World Book Day, we're hosting a "**Blind Date with a Book**" event - open to everyone!

Choose a mystery book wrapped in paper, grab a coffee and settle in for a good read!

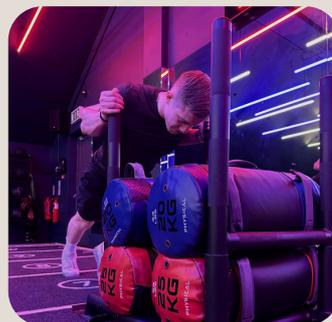
After all... they do say **don't judge a book by its cover!**

# GYM

Sam is taking on HYROX London Olympia - 24th March 2026 to support Macmillan Cancer Support.

## Sam VS HYROX

He'll complete 8 x 1km runs, each followed by a functional workout station, challenging both strength and endurance.



Sam has pledged to raise £400 to help people living with cancer access vital support.

Let's all get behind him as a club - your support can make a real difference.

Good luck, Sam!

H Y R O X



[Click here to donate!](#)

## March Gym Challenge

### Beat the trainer



#### How to take part:

- Pick an exercise
- Take on one of our trainers
- If you win... spin the prize wheel!

Think you've got what it takes?  
***Come prove it!***



## Nutrition + Hydration Week

Keep an eye out for special events taking place this week and gain practical advice to help you fuel your training effectively.

MONDAY 16<sup>TH</sup> MARCH  
UNTIL  
SUNDAY 22<sup>ND</sup> MARCH

## March Article

[Click here to read \*\*Hollie's\*\* article!](#)  
This month's focus: Your Strongest Self: How a Personal Trainer Can Help

# EGYM

## No Pressure Just Progress

Starting - or restarting - a fitness routine can feel daunting.  
Life gets busy, motivation dips, and weeks fly by.

**That's why community matters.**

A supportive environment helps you show up, stay committed, and make real progress.

**At EGYM** you'll find:

- No pressure, no complicated routines, no feeling out of place
- Personalised workouts and full guidance
- A complete full-body workout in just 30 minutes

**Yes** - just 30 minutes to boost strength, energy, wellbeing and confidence.

**Members March Demo Days:** Every Wednesday in March 10am–2pm.  
Bring a friend—they don't have to do anything!

You'll get:

- Info on what EGYM is and how it works
- Tips to get the most from your strength test and programs
- Machine demos (optional)
- Opportunity to book a FREE induction + 2-week trial
- Answers to any EGYM questions

To book your demo or free induction, email [Gayle@thethamesclub.co.uk](mailto:Gayle@thethamesclub.co.uk)

**EGYM Social:** Thursday 26th, 12–1pm.

Meet others in the community over tea, coffee, and cakes—friends welcome!

Step into a supportive space, make progress and enjoy the journey.

**Life is better with support!**

**Ready to start?** Ask a member of the team about EGYM, or email [Gayle@thethamesclub.co.uk](mailto:Gayle@thethamesclub.co.uk) to book a FREE induction and 2-week trial.

## Spring Equinox Healing Experience

Join me for a Reiki & Crystal Sound Bath, complete with guided meditation and visualisation of your best self.



**When:** Saturday 21<sup>st</sup> March 4pm - 5:30pm

**Where:** Thames Club Hot Yoga Studio

**Price:** £25 per person

*Step into the magic of the spring equinox and recharge your mind, body, and spirit.*

## Wellness with Gayle

[Click here to read our Wellness Blog!](#)  
This month's focus: **SPRING** into your **BEST** self!



# HOT YOGA CLUB



## 21 Class Hot Yoga Challenge

The 21 Class Challenge is Back!

Get your name on the 21 Class Challenge board and prepare for an adrenaline-fueled ride!

**How it works:**

- Complete 21 hot room classes over the 31 days of March.
- You can do up to 2 classes per day, giving you plenty of time to smash the challenge.
- Finish the challenge to be entered into the draw for some epic prizes!

*Are you ready to take on the heat?*

### International Women's Day Rock Om Special

SUNDAY 8<sup>TH</sup> MARCH

Celebrate International Women's Day at the Hot Yoga Studio with our **Rock OM special** - a powerful flow set to iconic rock tracks by female artists through the decades.



11:15AM - 12:15AM



### St Patrick's Day Sculpt Special

WEDNESDAY 18<sup>TH</sup> MARCH

Grab your emerald green outfit and join **Amanda & Laura** for an Irish-themed **Sculpt special!**

Get ready for great craic, plenty of sweat and lots of fun!



18:30PM - 19:30PM



## March Upgrades: Reformer + Hot Yoga

**Key Information for You to Know!**

*Trying Reformer for the first time?*

Start with **2 Fundamental classes** to get the most from your 4 free March sessions.

For Hot Yoga, **bring your mat and towel** - or purchase one at the studio if you're using your upgrade all month.

**Make the most of your March upgrade and enjoy every class!**

## Silent Sounds Themes

**THURSDAYS**  
7:30PM

With Amanda Free

NEXT SESSIONS:

**5<sup>TH</sup> MARCH** - 80'S

**12<sup>TH</sup> FEBRUARY** - ASIA

**19<sup>TH</sup> FEBRUARY** -

BRITNEYvsCHRISTINAvsMADONNA

**26<sup>TH</sup> FEBRUARY**- GUILTY/CHEESY PLEASURES

# ESLEX BEAUTY + ERAZE INK

## March Special Offers



**ERAZE INK** **ESLEX BEAUTY**

**CO<sub>2</sub> FRACTIONAL LASER**

**Introductory Prices**

- ✓ Full Face £400
- ✓ Full Face & Neck £450
- ✓ Eyes £300

**LIMITED TIME ONLY!**

*Don't miss out* - treat yourself to glowing skin this March!



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:  
**A personal welcome to travel worth experiencing.**

## Sian Pages Travel Blog



### Sian Pages

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

**P:** 07738050864

**E:** [sian.pages@notjusttravel.com](mailto:sian.pages@notjusttravel.com)

**W:** [www.sianpages.notjusttravel.com](http://www.sianpages.notjusttravel.com)

Member of the  
Month

## TIERNEY DASHWOOD

Tierney Dashwood is a fantastic role model within our community. Always smiling and incredibly friendly, she brings such positive energy to both the team and fellow members.

Her commitment to wellness is truly inspiring and she's a regular in our classes - with Power HITT being a clear favourite! Loyal, dedicated, and a joy to have around, Tierney represents everything we love about our gym.

We're so lucky to have you with us, Tierney - a very well-deserved Member of the Month!



# KEY DATES

Date	KO**	Team	Opposition
Saturday 14 <sup>th</sup> March	11:30AM	U18	Swansea City U18s
Saturday 21 <sup>st</sup> March	11:30AM	U18	Huddersfield Town U18s
Sunday 22 <sup>nd</sup> March	All Day	WSL	WSL Double Header
Sunday 29 <sup>th</sup> March	TBC	Women's	Dartford

## 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)

### U16 Cup Matches - Sunday 22<sup>nd</sup> March

Match Schedule:

11:00am – Leicester City vs Tottenham Hotspur (U16 Plate)

15:30pm – Arsenal vs Durham (U16 Cup)

It's a free event for everyone - come along and support the future stars in the U16 WSL Cup matches on 22nd March!

## NEW Closing Hours

From **1st March**, our closing times will be slightly adjusted:

- **Gym:** Mon–Thu **22:30pm** | Fri **21:00pm** | Weekends **18:00pm**
- **Pool:** Mon–Thu **22:00pm** | Fri **20:30pm** | Weekends **17:30pm**
- **Building:** Mon–Thu **22:30pm** | Fri **21:00pm** | Weekends **18:00pm**

Pool users still have **30 minutes** after the pool closes to shower and change. Please note, gym members entering up until closing will not have extra time to shower once the building shuts.

## Cold water Shock Training

**Date:** 11th March 2026

**Time:** 5:00 PM

**Location:** Shepperton Marina

Join us for a free information session focused on practical tips and tools to help you stay calm, safe, and in control if you ever find yourself alone in cold water. Learn essential strategies that could make a real difference in an emergency.

No prior experience needed - everyone is welcome!

**LES MILLS**

## Les Mills Launch

Saturday 21<sup>st</sup> March

**Get ready to move!**

Join us for the Les Mills launch event - experience high-energy workouts, try new routines, and be among the first to explore the latest fitness programs. Save the date and start your weekend energized!

# TESTIMONIALS

Debbie is professional and unassuming and has been teaching me in yoga classes at the Thames Club for approximately twenty years. Debbie has taught me from the start to do the asanas correctly, always using her attention to detail for my body's ability. She walk's round to members in the class and personally adjusts their asana to form correct alignment to suit their needs.

In my opinion Debbie is a first class Hatha and Yin yoga teacher, with her quiet disposition and relaxing voice, together with her understanding goes a long way to my enjoyment of the class. I can always rely on Debbie.

- *Lesley Dickins*

My wife Charmaine and I joined the Thames club last week.

We met with Aaron who took us through all the options and was very thorough and also very patient with us.

He gave us a great overview of the club and all our options and really made us feel welcome. He did not rush us and was a great advocate for the club.

Please pass on our thanks again to Aaron.

- *Charmaine Fernando + Ian Ellis*

Thanks to you and the team for making the Thames Club such a great place to train. It's great to have seen so many positive changes over the years and it's great to see The Thames Club getting the recognition it deserves in winning recent awards.

- *Simon Pestana*

## Share the Love: Who made your day?

### We love hearing from our members!

If an instructor, team member or area of The Thames Club has made your experience extra special, please let us know!

Your feedback helps us celebrate our staff and keep improving for you.

Send your shout-outs or reviews to Chloe at [marketing@thethamesclub.co.uk](mailto:marketing@thethamesclub.co.uk) - we can't wait to hear from you!



Follow us on social media

