



APRIL NEWSLETTER

ISSUE #16

What's in this months edition?



LETTER FROM THE
LEADERSHIP TEAM



BAR, LOUNGE +
EVENTS



GYM



EGYM



HOT YOGA CLUB



ESLEX BEAUTY +
ERAZE INK



JOURNEY
+GEMS



KEY DATES

April is bursting with energy
at The Thames Club!

This month brings exciting
events, fresh challenges, and
new opportunities to take
your fitness and wellness
journey to the next level.

There's something for
everyone to stay inspired,
motivated, and moving all
month long.

We can't wait to welcome you
in April and make it a vibrant,
energising and unforgettable
part of your year at The
Thames Club.



LETTER FROM THE LEADERSHIP TEAM

Dear Members,

March has been another fantastic month here at Thames Club, with so much energy, enthusiasm and community spirit across the club.

A huge well done to everyone who took part in our 21-Day Hot Yoga Challenge throughout March. We had an incredible **48 members** successfully complete the challenge! It has been amazing to see so many of you committing to your goals, building strength and flexibility, and supporting one another along the way. Keep an eye out for our 3 lucky winners, who will be drawn at random very soon!

We would also like to say a massive thank you to everyone who donated to our Easter chocolate collection in support of White Lodge. Thanks to your generosity, as a club we raised an incredible **104 Easter treats** for the children and young adults at White Lodge. We are so thankful for the amazing community we have here at Thames Club - your kindness and support never cease to amaze us.

April is set to be an exciting month, with plenty happening around the club. Be sure to join us for our Easter Bake Sale and Easter Egg Hunt - perfect opportunities to get involved, have some fun and celebrate together.

We're also looking forward to our upcoming Quiz Night. Tickets are expected to go quickly, so make sure you secure yours at Reception to avoid missing out!

If you haven't seen already, we now have brand-new Thames Club merchandise available to purchase from Reception. Kit yourself out with the latest branded attire and take advantage of our exclusive April bundle deal!

We would also like to take a moment to say a huge, huge congratulations to our lovely **Suze**, who has just celebrated 10 years at Thames Club. We want to thank her for her outstanding service, dedication and hard work over the past decade. Suze is always so positive, and her uplifting spirit and commitment have made such a difference to our team and to all of our members.

We are so lucky to have her as part of the Thames Club family.

Here's to an amazing April - let's keep moving, keep supporting one another and continue building our incredible Thames Club 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,

Jess



BAR, LOUNGE + EVENTS

Check out the new Thames Club merch!

We've got hoodies, water bottles, towels and much more - everything you could possibly need for your next visit.

Stop by and grab your favorites!

Brand new Merch



[Click here to see our merch price list!](#)

Water bottle
+
Jumper **OR** Fleece
+
Bag = **ONLY £60**

Special April Bundle ↗

Upcoming Events

Quiz Night | 16th April

Silent Disco | 22nd May

To book your tickets, contact our reception desk via email, phone or in person.

Tickets sell out quickly, so secure yours today!

Fuel Up

New protein yoghurts and porridge are now available in the lounge!

Grab a tasty, nutritious snack next time you visit.



GYM

3-Minute AMRAP Challenge

(As Many Rounds As Possible)

April Gym Challenge

Workout:

- 5 Burpees
- 10 Dumbbell Thrusters
- 15 Sit-Ups

Goal: Complete as many rounds as possible in 3 minutes.

Score: Rounds + extra reps.

Tip:

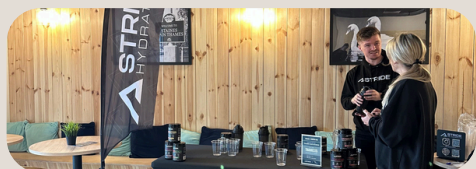
Pace yourself, keep good form and go nonstop!



Speak to a member of the gym team, see how many rounds you can crush and take your place on the leaderboard!

Prize for 1st place!

Nutrition + Hydration week Recap



Stride Electrolytes x The Thames Club

Huge thanks to Tom for hosting an amazing pop-up!

We hope you enjoyed the day trying Stride Electrolytes - hydration like you've never tasted.

Great energy, great people, great hydration!

Can't wait for the next one!

[Buy your Stride Electrolytes here!](#)

Carl's Flexibility Coaching

April Article

[Click here for all the information!](#)

[Click here to read Paul's article!](#)
This month's focus: The 3 Pillars of Lower Back Pain Prevention

EGYM

Ready to refresh your fitness routine this spring?

Our EGYM smart training system is here to help you build strength, boost energy, and feel amazing - without the guesswork.

This April, we're inviting you to SPRING into fitness with:
FREE EGYM Induction - get set up with your personalised programme
FREE 2-Week Trial - experience the benefits for yourself

EGYM uses intelligent technology to create a fully tailored workout, adjusting resistance automatically so you train safely, efficiently, and effectively - perfect for beginners and experienced members alike.

SPRING into strength this April

Spring Fitness Facts with EGYM:

- Strength training can boost metabolism and support fat loss
- Regular resistance training helps improve bone density and posture
- Just 2 sessions per week can significantly improve strength and energy levels
- Smart training systems like EGYM help you stay consistent and track progress easily
- Exercise releases endorphins, helping you feel happier, calmer, and more motivated

New season, new goals

let EGYM guide you every step of the way.

Thank you to everyone who came to our SOLD OUT Spring Equinox Sound Bath.

If you enjoyed the session, I'd be so grateful if you could leave a Google review on the Thames Club reviews page - it really helps spread awareness of these sessions and their benefits within our lovely community.

We're also considering a FLOATING Sound Bath in our beautiful pool area. If this sounds of interest, please email Gayle at Gayle@thethamesclub.co.uk to register your interest.

Wishing you a magical month and I look forward to seeing you at The Thames Club soon.

Hugs, Gayle x



Wellness with Gayle

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

This month's focus: **SPRING** into your **BEST** self!



HOT YOGA CLUB

We are delighted that 98 people have joined in our 21 Hot Class Challenge in March - setting a new record - which is awesome!

It is great to see so many new members trying out the full range of classes we offer in the Hot Room, including many members making the most of the March Upgrade month and our range of facilities.

Well done to all those who took part, and huge congratulations to the 48 members who completed the challenge and are in the draw for the prizes - to be announced shortly!

The energy has been incredible, with our yoga community really coming together!

21 Class Hot Yoga Challenge



Silent Sounds Themes

THURSDAYS
7:30PM

With Amanda Free



NEXT SESSIONS:

2ND APRIL - APRIL FOOLS

9TH APRIL - 80'S NO.1'S

16TH APRIL - APRIL SHOWERS

23RD APRIL - GIRLBANDS v BOYBANDS

30TH APRIL - CHEESY, GUILTY PLEASURES

Empower YOUR Mind

With Pete + Tamara

[Click here to see how you can unlock your FULL potential](#)

Exclusive
20% OFF
for Thames Club
Members



Use code
TTC20
at checkout

Get buy one get one free tickets - limited spaces
DON'T MISS OUT

[Book your tickets here!](#)



ESLEX BEAUTY + ERAZE INK

April Special Offers



Skin boosters
£100

Microneedling
3 session
£170



Don't miss out - refresh your skin this April!

**ESLEX
BEAUTY**

**ERAZE
INK**

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:
Mystic Europe: Short Haul Escapes That Transform Your Trip

Sian Pages Travel Blog



Member of the Month

BILLY BULL

MEMBER OF THE MONTH - VOTED BY YOU!

Billy Bull is a fantastic member of our community. Always consistent in the gym and always smiling, he brings positive energy to everyone around him.

Dedicated, hardworking, and a true gym regular, Billy is a very well-deserved Member of the Month!



Fitness Manager

[Click here for more information!](#)

Reformer Pilates instructor

[Click here for more information!](#)

Want to join our team?

To Apply:

Email Lindsey at
recruitment@thethamesclub.co.uk

KEY DATES

Date	KO**	Team	Opposition
Monday 6 th April	14:00PM	B Team	Cardiff City U21s
Tuesday 14 th April	17:30PM	U17s	Bolton Wanderers U17s
Sunday 18 th April	11:30AM	U18s	Barnsley U18s

Brentford Matches



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

Easter Class Times

We've updated our class timetable for the Easter period!

Take a look and plan your sessions over the holiday break.

Don't worry - everything returns to normal **from 13th April.**

[Click here to see the Easter timetable!](#)



Easter Opening Times

Plan your visit ahead so you don't miss out - check our special hours

Don't turn up only to find the doors closed!

Make the most of your Easter weekend with us.



Follow us on social media

