

MEMBER MARCH

We're excited to launch Members' March at The Thames Club - a month dedicated to celebrating our community!

Throughout March, we're turning up the energy with exclusive upgrades, exciting challenges and plenty of prizes to make this month one to remember.

Here's what you can look forward to:

1-Month Complimentary Membership Upgrades for All Existing Members

For the duration of March, all members will enjoy a complimentary upgrade:

- **EGYM members** will have access to the gym, pool and spa as part of a complimentary Essential Membership.
- **Essential members** will be able to take part in all The Thames Club core classes as part of the upgrade to Core Membership.
- **Core members** will be upgraded to Premium Memberships and have unlimited access to our incredible Hot Yoga classes and even take part in the March Hot Yoga challenge (see below).
- **Premium members** will have access to 4 Reformer Pilates classes as part of their month-long Ultimate Membership, alongside complimentary towel hire.
- **Ultimate members** get 4 additional Reformer Pilates sessions at no additional cost.
- **Hot Yoga and Reformer pay monthly members** will be gifted an Essential Membership, including gym, pool and spa access.

More access, more benefits, and more to enjoy throughout March!

Guest Passes

You 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 5,000th 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!

Events & Challenges:

21-Day Hot Yoga Challenge

Take part in our 21-day Hot Yoga challenge with prizes and exclusive merchandise up for grabs.

New Hot Yoga Timetable

We'll be unveiling a refreshed Hot Yoga timetable to give you even more opportunities to practise.

Beat the Trainer Challenge

Head to the gym floor to test yourself against our trainers. Spin the wheel to find out the exercise and win prizes if you beat the Fitness Instructor!

World Book Day - 6th March

Drop by The Lounge and choose a mystery book as part of our "blind date with a book" event. Grab yourself a coffee and start reading!

International Women's Day Rock OM Class - 8th March 11:15AM

Head to the Hot Yoga Studio for an International Women's Day Rock OM special featuring rock music from female artists throughout the decades. Everyone is welcome to join!

Nutrition & Hydration Week - 16th-22nd March

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

St Patrick's Day Sculpt Class - 18th March 6:30PM

Join us in the Hot Yoga Studio for a St Paddy's themed Sculpt class! Get ready for high energy and a whole lot of green-themed fun!

Les Mills Launch - 21st March

Save the date and join us for an exciting launch event featuring the latest Les Mills releases!

More information on each initiative will be shared via email, in-club displays, and our social media channels.

We're incredibly proud of the community we've built together, and Members' March is our way of saying thank you for being part of it.

We hope you take full advantage of everything on offer and help us make it a fantastic month at The Thames Club.

Warm regards,

The Thames Club Team

**MEMBER
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One Month. One Upgrade. Every Member.



Because you deserve more this March.

