



SEPTEMBER NEWSLETTER

ISSUE #21

What's in this months edition?

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EVENTS

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➤ HOT YOGA CLUB

➤ ERAZE INK + ESLEX
BEAUTY

➤ JOURNEY
+GEMS

➤ KEY DATES

September is here, bringing a fresh opportunity to reset your routine, refocus your goals and make the most of everything The Thames Club has to offer.

Whether you're getting back into a regular training routine, discovering a new class or taking time to relax and recharge, there's plenty happening across the club this month.

With our Open Day, National Fitness Day, new challenges and exciting events taking place, September is all about feeling motivated, moving well and making the most of your membership.



LETTER FROM THE LEADERSHIP TEAM

Dear Members,

September is here, and we have another exciting month ahead at The Thames Club, with plenty happening both within the club and across our local community.

We're delighted to be hosting our second **FREE Open Day** on **Saturday 5th September** from **8am until 1pm**.

The day is completely free and open to everyone, with free classes, gym and swim access, prize draws and exclusive offers available throughout the day. We'd love to welcome our members, as well as friends and family, to come along and experience everything The Thames Club has to offer.

We'll also be holding a **Bake Sale** in support of Macmillan on **Thursday 3rd September** from 9am until 1pm. Our amazing members **Nigel and Alison Clegg** are taking on the Cotswolds **Mighty Hike Half Marathon on 12th September** so we'd really appreciate your support. Please come along, enjoy a treat and help us raise funds for this fantastic cause.

There's also plenty of fun to look forward to this month, including the **Midas Plus Quiz & Race Night** on **Thursday 10th September** from **7pm until 10:30pm**. With teams of four and £60 per team, it's set to be a fantastic evening of food, fun and friendly competition. To book your place, please contact **Mike Wylie** at mike@midasplus.org.uk or **07803 706440**.

This September, we're excited to introduce our **30-Day Class Challenge!** With 140+ classes every week, complete 30 classes in 30 days to be entered into our prize draw.

We're also excited to launch our new and improved class timetable from **Monday 7th September**, giving you even more opportunities to enjoy your favourite classes or discover something new.

Our **2 Weeks of Unlimited Hot Classes for just £59** offer continues into **September**, giving you even more time to experience our Hot Studio, try new classes and find your favourites.

Finally, a huge congratulations to our Member of the Month, **Bruce Pentreath!** Bruce is a true ray of sunshine at the Club, always greeting everyone with a smile and bringing plenty of positivity and laughter with him.

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

We have plenty more planned over the coming months, and we look forward to seeing you in the club throughout September.

Warm regards,
Michelle



FREE OPEN DAY

8AM until 1PM | **5th September 2026**

Come and experience everything The Thames Club has to offer at our **FREE** Open Day.

Enjoy:

- Free classes
- Gym + swim access
- Prize draws
- Exclusive offers

All completely free!

Open to everyone!

Bring partners, friends
and family - ***ALL for free!***

[View member info & T&C's](#)

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

[Reserve your space now!](#)



THE THAMES CLUB

OPEN DAY

EXPLORE THE CLUB

FREE CLASSES

PRIZE DRAWS

GYM + SWIM ACCESS

EXCLUSIVE OFFERS

8AM - 1PM

SATURDAY 5TH SEPTEMBER

01784 463 100
Wheatsheaf Lane,
Staines, TW18 2PD
thethamesclub.co.uk/membership

EXPLORE. TRY. EXPERIENCE.

ALL COMPLETELY FREE!

EXPLORE. TRY. EXPERIENCE.

BAR, LOUNGE + EVENTS

Macmillan Bake Sale

THURSDAY 3RD SEPTEMBER
9AM - 1PM



Let's eat
CAKE!

THE
**MIGHTY
HIKE** SERIES

Our amazing members **Nigel & Alison Clegg** are taking on the **Cotswolds Mighty Hike Half Marathon** on **12th September 2026!**

Their team of four will be raising money for Macmillan and we're hosting a bake sale to support their fundraising efforts.

All money raised will go towards this fantastic cause.

Please bake, eat and donate to show your support!

Please click [here](#) to view their Macmillan fundraising page and see how you can donate to this amazing cause!



Midas Plus Quiz & Race Night

THURSDAY 10TH SEPTEMBER
7PM - 10:30PM

Get ready for a fantastic evening of food, fun and friendly competition!

- 📅 Thursday 10th September
- 🕒 Quiz starts at 7pm
- 👥 Teams of 4 | £60 per team

Whether you're here to test your knowledge, enjoy a great night out or battle it out for the win, it's set to be an evening not to miss!

To secure your space or for more information please contact Mike Wylie:

mike@midasplus.org.uk
07803 706440

We can't wait to see you there!

Midas
Plus



GYM

30 Day Class Challenge



**See page 7 for information on how to take part!*

This September, take on our 30-Day Class Challenge and make every class count.

With 140+ classes each week, there are plenty of opportunities to mix up your routine, try something new and keep moving.

Complete 30 classes in 30 days and be entered into our prize draw.

Ready to take on the challenge?

We'll be celebrating National Fitness Day again this year at The Thames Club on **Wednesday 16th September!**

Keep an eye out for extra classes, activities and plenty of ways to get moving throughout the day.

Let's make it a good one!

National Fitness Day

**NATIONAL
FITNESS
DAY**

BRAND NEW Class Timetable



After a super-hot summer, we're back with a new and improved class timetable from **Monday 7th September!**

From new favourites to your go-to classes, there's plenty to get excited about.

Be sure to keep an eye out for the timetable and see what's new. 👁️

We can't wait to see you in class!

Click here for more information or details



Every Sunday | 7:00 AM
Virginia Water Lake
11km loop
Unrivalled vibes
Qudos on Strava guaranteed



Fun Club Run Club

Fancy joining a Run Club? 👁️

Meet **Fun Club Run Club** - for people who think waking up at 6-something on a Sunday to run 11km around a lake sounds like a good time!

EGYM

September is the perfect time for a fresh start - and EGYM is here to help you make the most of your training!

Whether your goal is to build strength, lose weight, improve fitness, support rehabilitation or simply feel stronger in everyday life, EGYM can create a personalised training experience to help you work towards your goals.

Make your EGYM work for YOU!

Did you know EGYM offers a range of programmes designed around different goals, including:

Muscle Building – build strength and support lean muscle

Weight Loss – support your fitness and weight-loss journey

General Fitness – improve your overall strength and conditioning

Athletic – develop performance and functional strength

Rehab – support your return to movement and exercise

Metabolic – focus on metabolic health and fitness

Immunity Boost – support your overall wellbeing



Get stronger,
smarter + fitter
this September

September challenge:

Don't just exercise. Train with purpose!

If you haven't had your EGYM induction, strength test or programme review recently, come and speak to Gayle in EGYM.

She can help you understand your results and make sure your programme is working towards **YOUR** goals.

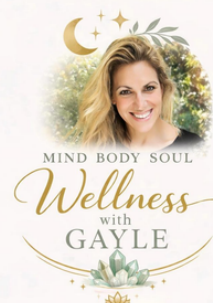
Small steps + consistency + the right programme = **BIG progress!**

Come and discover what EGYM can do for you this September.

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: Your September reset!



HOT YOGA CLUB

Ready to turn up the heat this September?

Enjoy **2 WEEKS OF UNLIMITED HOT CLASSES** at The Thames Club for **just £59!**

Try as many classes as you like, discover your favourites and experience everything our Hot Studio has to offer.

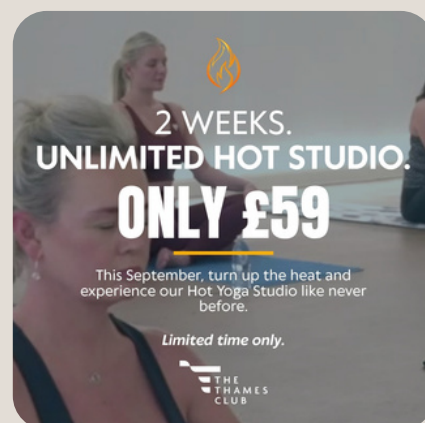
- ★ 2 weeks unlimited
- ★ Just £59
- ★ One-time purchase per person
- ★ Available 1–30 September

Whether you're brand new to Hot Yoga or ready to take your practice to the next level, this is your chance to experience unlimited hot classes for less.

Any Core or Essential member can book these introductory offers.

Available for a limited time - book your pass today.

September Hot Class Offer



[Click here for more information or to buy now!](#)

Silent Sounds Themes



THURSDAYS 7:30PM

With Amanda Free

NEXT SESSIONS:

3RD SEPTEMBER - BIRDS

10TH SEPTEMBER - SAY MY NAME

17TH SEPTEMBER - NILE ROGERS HITS

24TH SEPTEMBER - 80'S NO1s VOL 4

ESLEX BEAUTY + ERAZE INK

September Special Offer

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.

Make smoother skin your September essential with our 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:
Your holiday but make it active!

Sian Pages Travel Blog



Member of the Month

Bruce never fails to put a smile on my face on a Saturday morning! He always takes the time to ask everyone how they are and is such a joy to have around the Club.

We were so glad when Bruce rejoined us after having to leave for a period of time. He has been part of the spinning crew for a long time and continues to keep himself super fit!

He always manages to make me laugh, and no matter what kind of day he might be having, he still walks through the doors with a smile - which is so lovely to see.

Bruce is a true ray of sunshine at the Club and really does deserve this recognition!

BRUCE PENTREATH



Aqua Aerobics Instructor

Reformer Pilates Instructor

Barre Fitness Instructor

Want to join our team?

To Apply to any of our roles:

Email Lindsey at
recruitment@thethamesclub.co.uk

KEY DATES

To celebrate National Fitness Day, we're inviting you to take on our 30-Day Class Challenge!

With 140+ classes every week across the club, there are plenty of ways to get involved, try something new and build a routine that works for you.

Here's how it works:

- Take part in classes across any of our studios throughout the month
- Track your progress using your 30-Day Class Challenge stamp card
(Collect this from our reception team)
- Complete 30 classes within 30 days to be entered into our prize draw
- One lucky winner will be announced at the end of the challenge!

Whether you're a regular class-goer or looking to mix up your routine, this is your chance to stay motivated, keep moving and challenge yourself.

30 days. 30 classes. One challenge.
Let's get moving!

30 Day Class Challenge



Brentford Matches



Date	KO**	Team	Opposition
Saturday 5 th September	12:00PM	U18	Aston Villa U18s
Sunday 13 th September	13:00PM	B Team	Everton U21s
Tuesday 15 th September	19:00PM	U18	PLACE HOLD
Saturday 19 th September	12:00PM	U18	Ipswich Town 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

Place Hold = fixture details are subject to change depending on the outcome of earlier matches.



Follow us on social media

