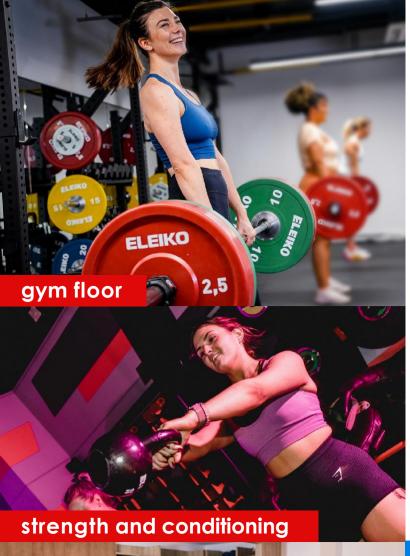


## **Explore Virgin Active**

Strand X Pearson



Across Virgin Active, you'll find first-class facilities and inspiring classes taught by the industry's leading instructors. We have everything you need to train your way and feel energised. We've thrown in plenty of little luxuries too – because the little things count.





hundreds of classes a week



spacious gym floor



online work outs



multi club access



pool and spa areas



personal training



ironing service

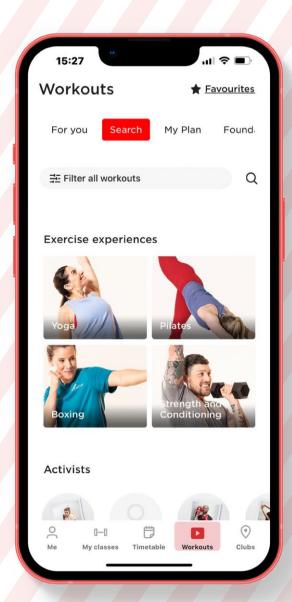


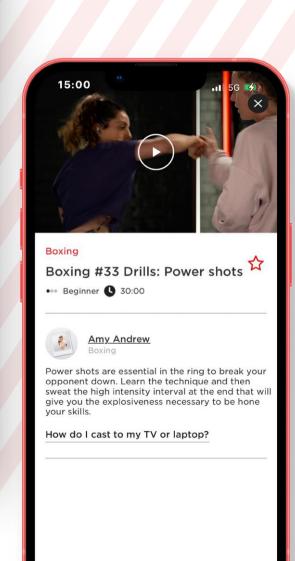
free towels











# workout wherever you are with Online+

You'll find hundreds of On Demand workouts including Yoga, Pilates, Dance, Cycle, Strength and Conditioning and Boxing on our App.

Choose your goal and follow a six-week workout plan to get you there.

Get perks and discounts from our partners.

Workout wherever you are, whenever you want.

### membership access guide

#### clubs you can visit

access is included

Blank - upgrade required

#### Please note:

Club multi-access may be subject to change.

	Chiswick Riverside	Kensington	Mayfair	Aldersgate	Bank	Broadgate	Walbrook	Canary Riverside	Islington, Angel	Moorgate	Chiswick Park	Clapham	Swiss Cottage	Iwickenham	Repton Park	Crouch End	Fulham	Hammersmith	Mill Hill	Notting Hill	Wandsworth	Wimbledon	Bromley	Clearview	Streatham	Northampton C P	Chelmsford	Salford Quays	Thundersley	Northampton R P	Solihull	Notfingham	Sheffield
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Aldersgate	;			Ō	Ŏ	Ō	Ō	Ō	Ō	Ō	Ō	Ŏ	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ŏ	Ō	Ō	Ō	Ō	Ō	Ō	Ŏ	Ō	Ō
Bank				Ō	Ŏ	Ō	Ō	Ō	Ō	Ō	Ō	Ŏ	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ō	Ŏ	Ō	Ō	Ō	Ō	Ō	Ō	Ŏ	Ō	Ō
Broadgate	;			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Walbrook				0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Canary Riverside	;			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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Moorgate	;								0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strano	1								0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chiswick Parl	<								0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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Swiss Cottage	;								0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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Repton Parl	(								0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Crouch End	1															0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fulhan	n .																0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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Notting Hi	1																0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wandsworth	ı																0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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Chelmsford																			_								0	0	0	0	0	0	0
Salford Quay	+																										0	0	0	0	0	0	0
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Sheffield																																	0

your club

## Welcome to Virgin Active Strand

#### home club information

Shell-Mex House, 80 Strand, London WC2R 0DT

Mon – Fri: 06.30 – 21.00 Sat – Sun: 09.00 – 16.00

Or visit our website for more information including our group exercise timetable on <a href="https://www.virginactive.co.uk/clubs/strand">https://www.virginactive.co.uk/clubs/strand</a>

#### joining instructions

Wish to join? The monthly gym membership is £81.00, down from £124.00, and there is no joining fee. Pearson provides a subsidy of £31.00 per month towards the monthly cost, and the remaining amount will be deducted from your net monthly salary.

Simply raise a case, and complete the Virgin Active Gym Membership Application available from myHR, and email this to PPSMHR@pearson.com

#### new to the company

Should you wish to visit the club before committing to it, please feel free to email our membership team on Curtis.Coleman@virginactive.co.uk for more info, and/or book a time for a tour of the club.

