



Explore Virgin Active

Strand X Pearson

virginactive.co.uk



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.



gym floor



strength and conditioning



pilates



pool and spa areas



personal training



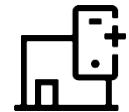
hundreds of classes a week



spacious gym floor



online work outs



multi club access



pool and spa areas



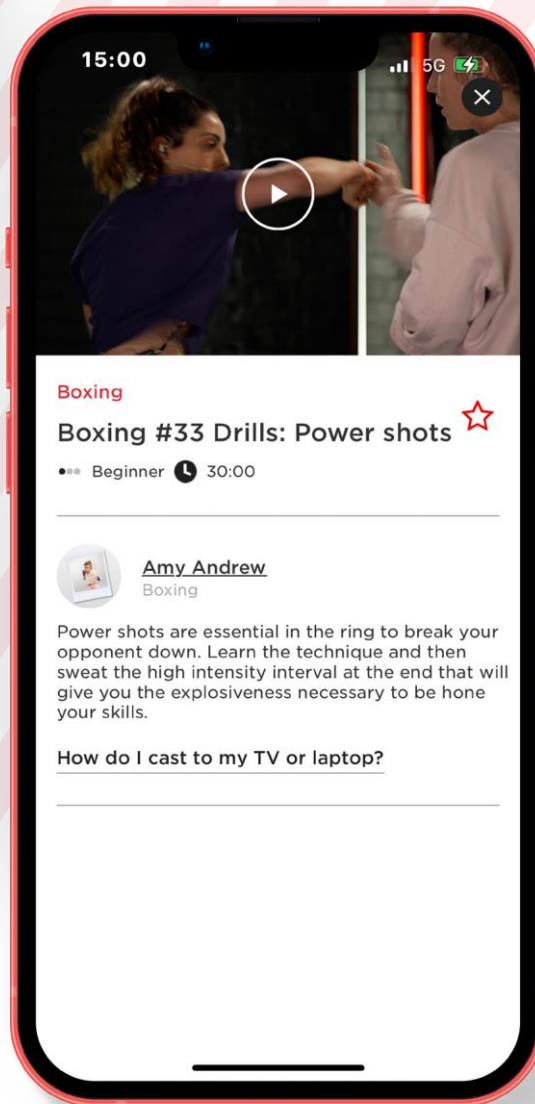
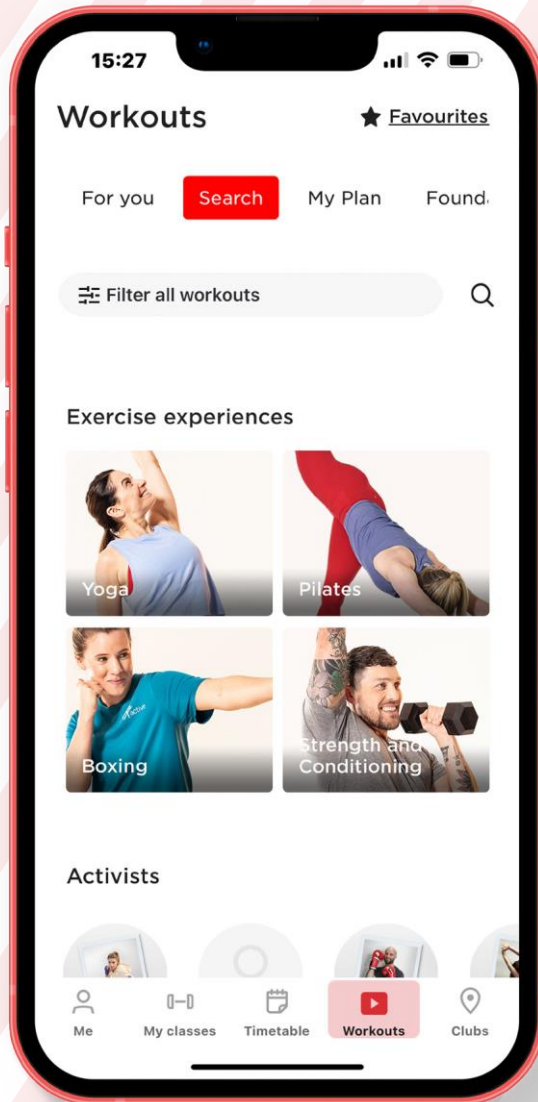
personal training



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.

your club

	Chiswick Riverside	Kensington	Mayfair	Aldersgate	Bank	Broadgate	Walbrook	Canary Riverside	Islington, Angel	Moorgate	Chiswick Park	Clapham	Swiss Cottage	Twickenham	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	Nottingham	Sheffield
Chiswick Riverside																																	
Kensington																																	
Mayfair																																	
Aldersgate																																	
Bank																																	
Broadgate																																	
Walbrook																																	
Canary Riverside																																	
Islington, Angel																																	
Moorgate																																	
Chiswick Park																																	
Clapham																																	

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 <https://www.virginactive.co.uk/clubs/strand>

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.

