

BXR[®] PARKS

LONDON
LONDON



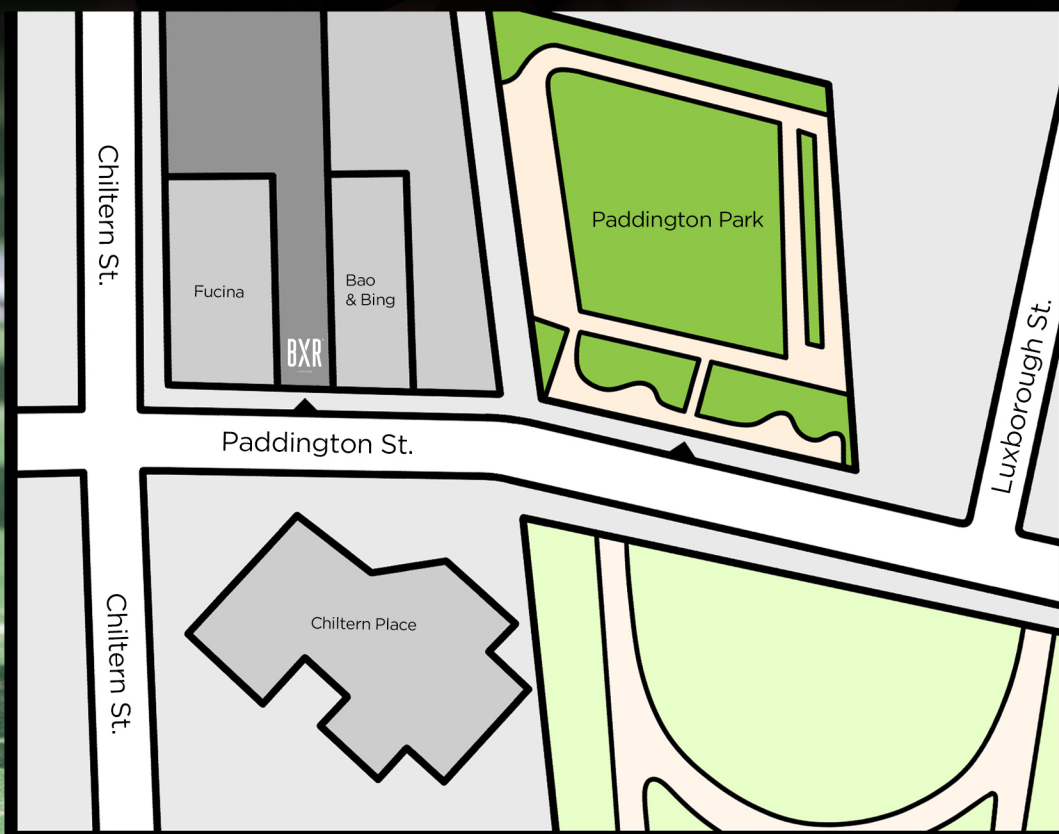
SETTING UP YOUR BXR PARKS MEMBERSHIP

- **£59.99** on a fully flexible basis renewable after 10 visits (valid for one month)
- To register please email membership@bxrlondon.com and your membership can be activated within 24 hours
- Download the BXR App to book your 90 minutes appointments
- If you would like to train with a friend and require a second set of weights please ensure your friend has purchased their own parks membership



TRAINING IN THE PARK

- On the App under the BXR Parks Access please book your 90 minute training slot ahead of coming in, even if you are training with one of our coaches. Please note we will be able to service up to 5 people at any one time
- Arrive at BXR main entrance on **24 Paddington Street** 10 minutes before your slot to pick up your equipment. You will be asked to use the disinfectant gel on your hands on arrival but no other measures are required at this stage
- Our supervisor will sign you in and provide you with a fully sterilised yoga matt, resistance bands and a set of weights
- The supervisor will also be able to assist setting up an assault bike, rowing machine or a free-standing punch bag. Training is expected to take place in the **Paddington Park** on the same side of Paddington Street as the gym
- Return the weights to the entrance at the end of the session and let us know if you require any assistance moving larger items back



PERSONAL TRAINING

- The majority of our trainers will be available to train with during the week and can be booked via the app as before
- Their full updated schedule will be on the app from Monday the 25th
- Personal training park prices **£60** (Tier 2) and **£84** (Tier 1)
- Our coaches will be encouraged to wear PPE, however, you will be able to decide at your own discretion whether masks and gloves are required during training. You will have to adhere to other government regulations on social distancing when training in the park in pairs or with a coach
- Please note at this stage we will not be able to provide boxing gloves and encourage you to bring your own or purchase a pair at the club

