

# SOHO FITHOUSE

SOHO HOUSE & CO

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# WELCOME

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Situated in the old archives of the BBC Television Centre, beneath TB Huxley-Jones' iconic bronze Helios fountain, the White City House Gym is a brand-new fitness centre spanning 2200 square metres.

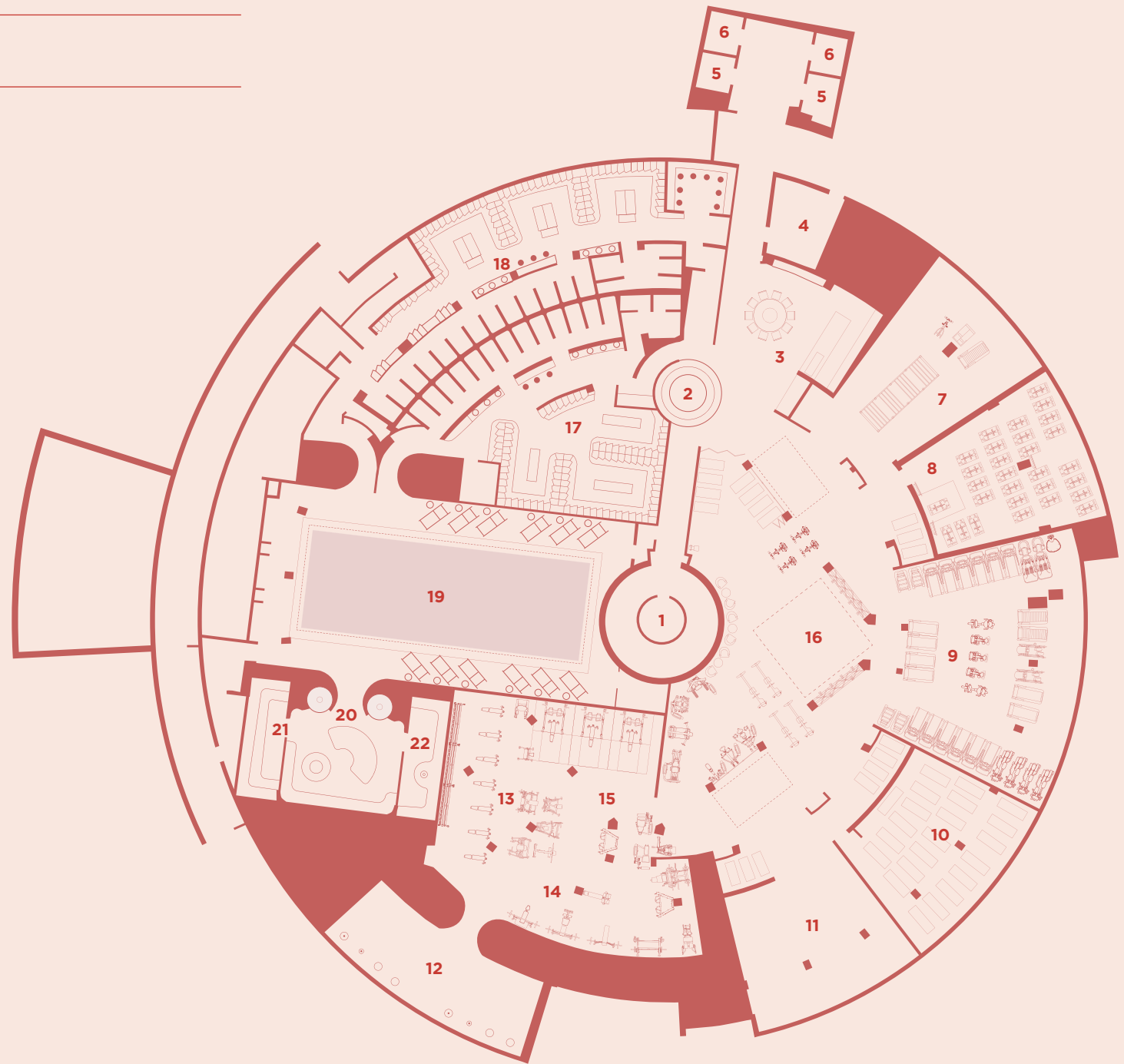
Open to Soho House members and owners of the 400 new private apartments in the development, the gym comprises state-of-the-art cardio and free weights equipment, bespoke TRX rig and prowler track plus Olympic lifting platforms.

Four studios with a regular class timetable featuring yoga, multifunctional conditioning, high intensity interval training and spin tailor to any fitness goal, with more bespoke plans available from top personal trainers. A 17-metre lap pool with steam room, sauna and hammam complete the space, along with spacious changing and shower facilities with our range of Cowshed products.



# FLOOR PLAN

1. Entrance / exit
2. Reception
3. Juice bar
4. Kit collection
5. Hotel guests and club members' lift
6. Residents' lift
7. Performance and conditioning
8. Spin studio
9. Cardio
10. Yoga studio
11. Open studio
12. Boxing and kettle bell
13. Free weights
14. Plated weights
15. Olympic platforms
16. TRX rig
17. Male changing room
18. Female changing room
19. Swimming pool
20. Hammam
21. Sauna
22. Steam room



The gym occupies a 2200 square metre circular space beneath the former BBC HQ's 'doughnut' building. Meticulously designed, the gym floor is optimised for any fitness goal with studios, a dedicated cardio and TRX area, weights room and track. Changing, spa and pool facilities take up the majority of the west side of the basement.

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## STUDIOS

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House Ride is a powerful indoor cycling class accommodating up to 30 for two types of workout: 'Rhythm Ride', which focusses on riding to the beat, and 'Results Ride', a more performance-boosting, statistics-led option.

A HIIT studio will offer a range of high intensity workouts to get the heart racing, mixing cardiovascular endurance with strength workouts to fire up every muscle group.

Next door, the yoga studio caters to newbies and seasoned yogis alike, offering everything from beginner sessions to strength-focused and Vinyasa flows.

Multifunctional conditioning classes will combine kettlebell, dumbbell and bodyweight work for fat-burning and muscle-building benefits.



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## FREE WEIGHTS

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Our weights area comes equipped with muscle building and toning apparatus including a broad range of dumbbells, kettlebells, benches and squat racks. We also have a specialized sled and prowler track and Olympic lifting platforms.



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## TRX AND CARDIO

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Make use of cardio equipment including Technogym treadmills with in-built entertainment centres, as well as state-of-the-art bikes, cross trainers and rowing machines and a bespoke, functional TRX rig.

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## POOL AND SPA

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A 17-metre lap pool, steam, sauna and hammam facilities in the centre of the gym are the perfect place for post-workout relaxation and recovery.

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## CHANGING

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Our state-of-the-art changing facilities have rainforest showers and a range of Cowshed products to choose from.

Towels and shaving utensils are provided, and lockers to store your belongings use personalised codes. To enquire about our gym kit laundry service please ask at reception.



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## NUTRITION

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Along with Soho House's healthy range of cold-pressed juices, House Press, our gym snack bar will serve made-to-order protein-rich shakes and smoothies as well as a selection of food packed with pre- and post-workout macronutrients.



# TELEVISION CENTRE

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