

FAQs

1. What COVID mitigating precautions Academy of Sport put in place?

We have continually worked with the University and other industry experts to adapt services and prepare for the changing circumstances. We now have all the required measure put in place to allow you safely workout.

We have implemented:

- pre-booking system to manage crowd and capacity
- sanitizing stations throughout the facility
- markings on floors and COVID Etiquette posters displays
- new cleaning arrangements
- gym floor spacing out of the equipment
- mitigation of the touch points
- 2m distancing applies

2. Can I just come in and use the gym?

All gym and group exercise sessions must be pre-booked via AOS app. Reservation can be made up to 7 day in advance via AOS App. Search 'LSBU Sport' in the app store.

- First bookable slot 8am
- Last bookable slot 4.30pm

3. How do I book myself for a gym or a class?

Via AOS app. For more information on making the best use of the app, please see our [app guide \(PDF File 2.708 KB\)](#).

4. Do I have to have a membership to use the facility?

No, you can be a casual user. We allow casual booking via our AOS app. Please log onto our app and book session of your choice.

5. Can I come in more than once a day?

Yes, you can. You must pre-book your session via our AOS app. Refer to How do I book myself for a gym or class.

6. Can I use the changing room and lockers?

During COVID altered service period our changing rooms and lockers are not available. Please refrain from bringing valuable items with you.

7. What are the opening hours?

We are currently in phase 1 of our return to regular service plan. Progression to full service will reflect updates released from UK government experts. During phase 1 our opening times will be as followed:

Monday – Friday: 8am – 5.30pm
Saturdays: 10am – 4pm
Sunday: Closed

8. How do I sign up?

Via DFC link available on AOS app or our website <https://www.lsbu.ac.uk/student-life/academy-of-sport/membership>

9. How much is the gym or class membership?

- Gold £15 (£10*)
 - Unlimited use of Fitness Suite, Free Weights Room and Group Exercise Classes
 - *During this period the Gold membership will be reduced by £5 per month.
- Silver £10
 - Unlimited use of Fitness Suite and Free Weights Room
- Bronze £10
 - Unlimited access to all Group Exercise Classes

During altered service period Silver and Bronze memberships will include gym and classes. The memberships will revert to their original description after temporary service is over.

Gold membership reduced as our service offering.

Pay as You Go

- Gym Session: £6
- Group Exercise Class: £7

Pre-Pay Memberships and PAYG - card payment preferred.

10. What services are available?

During the post lockdown phase, we will resume limited service until it is safe to return to full capacity of our offering.

We will run gym facility from Monday to Saturday

- Mon-Fri first bookable slot 8am and last 4.30pm.
- Saturday first booking 10am, last 3pm

Our Group Exercise classes will be delivered from the Dance Studio in K2 building. The classes will last 55 mins. You can book onto our classes only via AOS app using Group Exercise Classes tab. Reservation can be made up to 7 day in advance. Search 'LSBU Sport' in the app store.

On Demand service with our virtual classes is accessible anytime by clicking on this [link](#) or via LSBU Sport app under AoS On demand tab. We are constantly uploading new videos to offer you a variety of workouts at the time convenient to you.

For the latest class schedule check our AOS app or visit our Instagram page @lsbusport

11. How do I get Free First Year membership with AOS?

All membership sign-ups are through DFC - scan QRL code

Available to all first-year part- and full-time undergraduate student.

Memberships will be valid for one month; all renewals will be based on student's enrolment status. Student ID and enrolment documents required to validate membership upon registration. Membership entitles free entry to the fitness suite between 8am to 12pm and 2pm to 4pm on the weekday and all day on the Saturday.

Additional fees apply to access outside of these times as well as all group exercise sessions.

12. How can I apply for LSBU Sport Scholarship?

You can apply for Sports scholarships to support talented students to excel via our webpage <https://www.lsbu.ac.uk/student-life/academy-of-sport/sports-scholarships>

Applications for the 2020/21 year are now open. To apply, please download and complete the [Sports Scholarship Programme Application Form \(PDF File 590 KB\)](#) and return it to the email address indicated on the form.

13. Do I have to be LSBU student to qualify for LSBU Sport Scholarship?

Yes, you need to be current LSBU Student with sporting career to be eligible for the funding.