



Press release

## **Stay active and healthy despite social distancing with the new live streaming classes from Urban Sports Club**

**Berlin, Germany, 26.03.2020** – Those who miss their wonderful trainers from the gym in these tough times can now breathe a sigh of relief. Urban Sports Club members now have the opportunity to train at home with their favorite teachers and to participate in courses via livestream. By checking in to live classes, members can support these studios while training. From High Intensity Interval Training (HIIT), yoga and meditation to boxing: all these courses and more can now be done from home. This way, Urban Sports Club guarantees its members will stay active and healthy even in times of social distancing.

With the new live classes, members can not only access all their city has to offer, but also look for and try out studios in other cities and countries. This means that members can now make appointments with friends from all over Germany or other countries across Europe to do sports together. In this way, Urban Sports Club creates a platform that enables users to stay strong together. A total of 25 different sports can currently be chosen from (with the offer expanding every day) and live classes offer the motivation and inspiration needed to escape the daily routine at home, keep fit and, above all, stay healthy while at home.



**Start the day with sunshine** - Now is the ideal time to get active before you start work. Whether relaxing with Yin Yoga or powering up with Vinyasa flows, Urban Sports Club members have the opportunity to discover their individual practice in the wide range of offers, be it with one of the renowned yoga teachers from the hip yoga studio [Jivamukti](#) in Berlin, which offers physically challenging but also spiritual classes, or with the BodyMind Studio [Kale & Cake](#) in Munich. Social distancing is no longer a problem: yoga lovers can now participate in the classes they have always dreamed of. This certainly makes the yogi heart beat faster.



**Powerful HIIT training during the lunch break** - Fans of high intensity workouts can now access the popular HIIT and Strengths workouts of BEAT81 from home. Urban Sports Club members can join these livestream workouts and train comfortably within their own four walls. Motivating trainers guide participants through each workout and help them surpass their own limits. [BEAT81](#) sticks to its motto "Sweat Smarter. Together." because, although everyone is training from home, the participants are connected via the livestream and, together, they can show what they're made of. This makes training at home a real pleasure.



**Find inner peace through a meditation class between meetings** - The stressful daily work routine can sometimes be exhausting. If this is the case, just drop the pen and paper and get a clear head with a meditation class at Urban Sports Club. This way, the focus can be regained and indeed, a meditation can work true miracles. For example, members can relax and unwind with a [Yoga Barn](#) meditation class.





**Energize with boxing** – For those who still haven't had enough and want to really get their energy up in the evening, Urban Sports Club also offers boxing classes online. Here, members can choose between technical classes or work up a sweat with boxing training. The [Ignite Fit](#), for example, offers boxing courses. Those who want to improve their French skills or meet friends from France for a power session can dial into the livestream of [MU:V](#) from Paris.

Now there are no more excuses to be active at home. Whether a leisurely yoga flow in the morning or a short HIIT session during lunchtime between meetings, the online courses can be booked easily via the app.

The current online offer of Urban Sports Club can be found at this link: <https://online-classes.urbansportsclub.com/> and will be extended daily.



## **About Urban Sports Club**

Urban Sports Club offers a flexible flat-rate sports membership. Our goal is to encourage people to try a diverse range of activities and to inspire them to live an active, healthy lifestyle. Club members can choose from more than 50 types of sports at over 8,000 partner venues across Europe, ranging from classic gym workouts to swimming, yoga, bouldering and lots more. Our corporate group, which includes the Dutch company OneFit, has over 10,000 partner venues. We offer variety, flexible conditions, as well as team sports and wellness to both private customers and companies.

Please do not hesitate to contact us if you have any questions.

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