

HYROX

AT VIRGIN ACTIVE

ABOUT HYROX

What is HYROX?

HYROX is an indoor fitness competition that alternates 1km runs with functional workout stations, repeated 8 times. It combines endurance and strength using movements like rowing, sled push/pull, burpees and wall balls.

Is HYROX only for elite athletes?

No - HYROX training can be adapted to different fitness levels. Your coach can adjust loads, pacing, and movement variations to match your ability.

Do I have to compete to do HYROX training?

No - You can train for fitness, performance goals, or as preparation for an event later. We're here for it!

VIRGIN ACTIVE AFFILIATION AND WHAT IT MEANS

What does it mean that Virgin Active is now a HYROX Training Club?

Our clubs will now be affiliated as HYROX Training Clubs, meaning we will now offer supported HYROX training through our Personal Trainers, plus access to UK event pre-registration when available.

Which clubs are included?

All UK clubs will be affiliated by March 2026.

TRAINING IN CLUB

Will there be HYROX classes on the Group Exercise timetable?

We don't have dedicated HYROX classes yet - for now, sessions are delivered via Personal Training, but we do have Hybrid S&C classes every week.

What HYROX training options will be available to members?

You can start with a HYROX taster (aka "Activate") session which are complimentary, then progress into PT-led HYROX training.

How do I book a HYROX taster session?

You can ask at reception, complete the PT sign-up form online, or contact a HYROX qualified PT via the app in the Trainer section.

My club does not have all the HYROX equipment. Can I still train properly?

Yes. Clubs have equivalent equipment and movement alternatives that can be used to train for all stations. Coaches will guide you on substitutes and technique.

RACE ENTRY AND PRE-REGISTRATION

How does HYROX event pre-registration work for members?

When UK pre-registration opens, club-level affiliation codes will be shared with members via app or email.

Can I use pre-registration codes for races outside the UK?

No. At this stage, pre-registration codes are for UK events only.

Will pre-registration help me get tickets for any race?

Not always. Some events are already on sale and may not have additional allocation.

I did not receive a pre-registration email. Why?

Members not opted in to marketing communications may not receive marketing emails. Ask in club if you think you missed a code.