

# NEWS LETTER BCL 20-12-2021

Dear members,

Unfortunately, the day we hoped would never come again was there. BCL has been forced to close its until 14 January. A huge setback for everyone. Nevertheless, we stay positive.

## Alternative activities

During the lockdown we are happy to help you keep moving. We have several options:

### 1. Outdoor small group training

30 Minute workouts for a maximum of 4 participants under the guidance of an instructor. During the workouts, both strength and endurance are trained. We will make use of body weighted as well as free weight exercises.

The small group training sessions take place in the parking lot behind our facility or underneath the NHL Stenden building.

Take weather conditions into account and adjust your clothing accordingly. If weather conditions do not allow it, sessions can be cancelled. Always consult the Mywellness app for the current range of classes.

House rules small group training:

- Book your workout via the Mywellness app
- You can participate in a maximum of 2 workouts per week
- Come to your workout at the earliest 5 minutes before the start
- Scanning a QR code is necessary

A walking session with one of our instructors is also possible again. Are you interested in this? Please send an e-mail to [feiko@bewegingscentrumleeuwarden.nl](mailto:feiko@bewegingscentrumleeuwarden.nl)

### 2. @HOME workouts

We are happy to create a personal training plan for you that you can perform at home via the Mywellness app. Do you have your own training material? We can also take that into account. Are you interested in an @HOME workout? Send an email to [laurens@bewegingscentrumleeuwarden.nl](mailto:laurens@bewegingscentrumleeuwarden.nl)

### 3. On Demand

In the Mywellness app you will find a large library of recorded lessons that you can perform at home. From HIIT to dance classes and from yoga to ab workouts, there is something for everyone!

# NEWSLETTER BCL 20-12-2021

## Membership BCL

As in previous lockdowns, we offer the choice to continue or freeze (compensate) your membership.

### Option A

You continue your membership and pay the full rate. With this choice you can make use of the above mentioned activities.

### Option B

You temporarily freeze your membership. You do not pay a contribution until our indoor facilities are open again. When you choose this option you can't make use of our lockdown activities.

If you choose option A, you don't have to do anything and your membership automatically continues. If you want to use option B, please send an email to: [ledenadmin@bewegingscentrumleeuwarden.nl](mailto:ledenadmin@bewegingscentrumleeuwarden.nl)\*

\* Please state:

Choice option B, full first and last name and date of birth.

In order not to have to pay a contribution in January 2022, you must have made your choice before Tuesday, December 28, 2021.

If you have other questions concerning your membership, you can also send an e-mail to:

[ledenadmin@bewegingscentrumleeuwarden.nl](mailto:ledenadmin@bewegingscentrumleeuwarden.nl)

## FAQ

- Why are there no activities after 5:00 PM?

The current regulations are that only sports activities can be organized outside between 05.00 AM and 05.00 PM

- Is it also possible to end training equipment again?

No, this time we don't make equipment available.

## Happy holidays!

We hope to welcome you all back in from January 15, 2022. For now, despite everything, we wish you happy holidays and a happy new year. On to a healthy, sporty and hopeful 2022!

Team BCL