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Sport, Health & Fitness 2004

Active ideas for every body

Club Kensington

201-7 Kensington High Street, W8 6BA
(7937 5386/www.clubkensington.com). High
Street Kensington tube. **Open** 6am-10pm Mon-
Fri; 8am-8pm Sat, Sun. **Membership** £54-
£69/mth or £540-£690/yr. **Joining fee** £250.
Non-members £15 each use. **Credit** DC, MC, V.
Activities/facilities Classes; CV and resistance
equipment; exercise studio; free weights; sauna;
room; stretch area; sunbed; treatments.
Established in 1962, Club Kensington had an
extensive facelift in 2003, and could now claim to
be one of London's best-designed health centres. It
has the gritty, urban feel of a New York warehouse
gym (stainless steel surfaces and blue neon lights)
that puts the cod-spiritualism of many more self-
consciously 'ambient' establishments to shame. This
is a place to work hard at looking good, not to sit
around listening to whale noises and drinking
distilled oat juice. The roster of personal trainers is
impressive, and includes Joey Bull (four times Miss
Fitness) and Carolyn Cheshire (British Body Building
Champion); those who prefer to work out alone can
take advantage of 45 CV units all linked up to a state-
of-the-art cardio theatre, a good range of free weights
or one of many resistance machines. The club is also
very strong on martial arts training, particularly ju-
jitsu: the first-rate, hardwood studio offers regular
classes in disciplines with varying levels of violence.
Café. Disabled: toilet.



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