

## **OC ZONE WORKOUT INSTRUCTIONS**

***Welcome to the OC Zone! Workouts have been designed to follow state/county guidance to keep our members feeling comfortable and safe.***

**\*\*FACE COVERING WILL BE REQUIRED TO ENTER THE GYM\*\***

### **BOOKING CLASSES**

- Classes are limited to 12 participants.
- You must book your class/classes through Mindbody to secure your spot. No exceptions.
- Can not book more than 7 days in advance.
- Due to small class sizes, members are limited to 1 class per day
- Cancel booking at least 12 hours before class starts to avoid cancellation fees.

### **LATE/NO SHOW TO CLASS**

- To avoid a \$25 cancellation/no show fee, we ask that you cancel your booking at least 12 hours prior to your class time.
- Please arrive on time, as classes will close to participants at 5 minutes after the hour.

### **WHAT TO BRING**

- You will be required to have a towel. Please bring one or purchase one at the gym.
- Water
- Optional: Yoga mat or beach towel

### **ARRIVAL/CHECKING IN TO CLASS**

- Please show up on time to avoid a late/no show fee.
- Enter the gym through the front door (Back door will be locked.)
- Wait by front desk for your Coach to greet you and verbally check-in
- Keep 6ft of social distance between other members and staff.

### **AFTER CHECK IN**

- Go directly to your OC ZONE of choice. They will be first come, first served.
- Set your belongings down in the designated space at your OC ZONE.
- Do not leave your ZONE to chat with others.

### **OC ZONE**

- Each OC ZONE is set up with a variety of equipment, disinfectant spray, cleaning rag, hand sanitizer, an area for personal belongings and a copy of the rules in the OC ZONE.
- There are two types of OC ZONE's. Strength and Conditioning/Core. You'll spend one circuit in a Strength Zone and one circuit in a Conditioning/Core Zone. You'll rotate between Zones halfway through class.

### **RULES IN THE ZONE**

- Stay in your ZONE throughout the warm up, workout and cool down.

- Use ONLY the equipment in your ZONE. Do not touch anyone's equipment.
- Ask the Coach if you need additional equipment.
- Clean all of your equipment in your Zone before leaving it.
- Wear your mask while transitioning between Zones.

### WARM UP

- One Class Member will be chosen to run the warm up listed on the wall. We do the warm up together as a class.
- Ask the Coach if you are unsure what the exercise is.

### WORKOUT

- The Coach will demonstrate the workout 10 minutes after the hour.
- Stay at your ZONE throughout the entire workout.
- Ask the Coach if you have any questions.

### COOL DOWN

- Coach will lead the cool down.

### DEPARTURE

- Clean all of your equipment and mat with your disinfectant spray, even if certain items have not been touched. **Please DO NOT begin cleaning until after the cool down is completed.**
- Leave through the back door.
- Please socialize with other Members outside.

### HOW YOU CAN HELP

- FOLLOW THE RULES!
- Please stay home if you are feeling sick
- Practice social distancing at all times
- Wash your hands/use hand sanitizer
- We encourage you to keep kids at home (the cubby room will be closed)