

# FIRST VISIT ESSENTIALS



HERE'S SOME IDEAS OF THINGS TO BRING WHEN YOU VISIT.



## GYM CLOTHES

Not sure what to wear? Whatever makes you comfortable! Our priority is your safety.



## HEADPHONES OR EARBUDS

For whatever you feel like watching or listening to during a workout.

## LOCKER ROOM ESSENTIALS

Don't forget, these items are great to pack for your gym session:



Soap, shampoo, and a towel if you plan to hit the showers



Gym bag to keep all of your gear together, and keep it safe in a locker while you work out.



A lock if you plan to use a locker is a no-brainer. Don't forget to take it (and your stuff) with you when you go!



## WATER

Stay hydrated by bringing your favorite water bottle.



## CELL PHONE

You'll use our app to check in, and feel free to use the WiFi. Wanna snap a selfie to share on social? We just ask that you keep your selfies of yourselfie and respect the privacy and comfort of others.

## REMINDER: ALWAYS WIPE DOWN EQUIPMENT AND WASHING HANDS



### CLEAN BETWEEN

Wipe down equipment before and after each use. There are cleaning stations located throughout the club with disinfectant spray and paper towels.



### SCRUB UP BEFORE & AFTER WORKING OUT

Wash your hands for 20 seconds before and after using the equipment.