

First Day Instructions

WHERE TO FIND US

All of our classes are listed on the website, with links to maps of the meeting spots.

PARKING

All locations have easy street parking.

WHAT SHOULD I WEAR AND BRING

1. Wear a new pair of supportive running shoes (like Brooks, Mizuno, Asics)
 2. Gloves are recommended (e.g. fingerless biking or weightlifting gloves)
 3. Dress in layers
 4. Bring water
 5. Bring a cell phone with your instructor's phone number in it
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WHAT SHOULD I EAT BEFORE AND AFTER CLASS

Everyone's nutrition needs are a little different. Usually a light snack before and after working out is a good idea, although it may take some trial and error to find what works for you.

A packet of instant oatmeal, toast with jam, or raisins. Think "carbs." Some people prefer supplements like a Gu packet. After working out, a snack with protein / fat / carbs is good. Chocolate milk, or a sandwich with turkey or hummus.

WHAT HAPPENS ON THE FIRST DAY

On your first day you'll be welcomed into the class and asked by the instructor about any injuries/health conditions. On your first day, your job is to listen to your body and make sure to let your instructor know how you're doing. We don't want you pushing it too hard on your first day. Just have fun!

WHAT HAPPENS IF I GET LOST?

Call your instructor if you get lost:

Sandra Possing 310-650-1810

Alex Ho 415-518-4313

Chris Esquivel 415-518-5949

HOW DO I PAY?

Please pay and reserve your spot in class online, using MINDBODY.