

# TOWER FITNESS AT THE CORE

COMMUNITY/FITNESS/LIFESTYLE



## EXTENDED HOURS

Yes that is right! We are happy to announce, we are extending our hours to help you fit in your workouts!

Monday - Friday  
5:00 am - 7:00 pm

\*Staffed hours remain  
Monday - Friday 6 am - 6 pm

Please continue to book your time through our [member portal](#) or App. We have to ensure proper record keeping of members in the facility. Failure to do so will result in extended hours being cut.

## THINKING ABOUT COMING INTO THE GYM, BUT A LITTLE WEARY



- 1. We are by appointment only:** Don't worry about the gym being over crowded, we have limits in place to ensure your safety.
- 2. Equipment Cleaning:** You get your own spray bottle, that has been sanitized for you to spray down the machines before and after use. We also have a commercial grade electrostatic sprayer that we use regularly to disinfect.
- 3. Signage:** We have signage indicating the maximum capacity of our changerooms, which machines are not available and to remind everyone to physically distance.
- 4. Fitness Centre Deep Clean:** the fitness centre continues to be on a deep clean schedule to ensure the safety of all members.
- 5. Simply been too long:** If you are not sure where to start, we have educated and friendly staff to help you out. Come talk with us and we will be happy to point you in the right direction.

# HOW TO BOOK AN APPOINTMENT AT TOWER FITNESS AT THE CORE

You can Book Your Appointment by:

- App: Search Tower Fitness at the CORE in your App Store (preferred option)
- Member Portal

Username is always lastname-firstname (never email). If you forget your password let us know and we can quickly reset it for you!

1st time booking, you will need to add the booking service to your account. It is FREE but it does require a signature on the Member Agreement.

Sign into the member portal or app  
**Click Purchase Drop-In Class or PT**

- Select Workout Station which is the first tile on top. (It's FREE of charge) Make sure to read and sign the Member Agreement.

Once this is done, you won't have to repeat this step again, and you will go directly to "Stay in your Lane"!

**Click "Stay In Your Lane"**

- Choose the day
  - You can book 7 days in advance
  - Up to 1 hour before the time slot (if within the hour give us a call, if there is space we will get you in)
- Select a Station
  - For App users, please make sure you hit **"SEARCH"** after you pick the station and time.
- Hit Register and Add Appointment
- To remove yourself from the appointment go to My Schedule from the main screen and choose "Drop Class" (you can do this up to 1 hour prior to booking time, within that 1 hour give us a call and we will remove you)

