

First Day Instructions

WHERE TO FIND US

Morning classes meet behind the Palace of Fine Arts near the intersection of Lyon St. and Bay St.

Take the Lyon St. exit off of Lombard. When you hit Bay, make a left and follow the service road (Palace Dr.) around the corner. Class meets near the first few parking spots along the road.

6pm classes meet at the Lyon St. stairs near the basketball hoop at Vallejo and Lyon St.

5:30pm classes meet in Pier 23.

PARKING

All locations have easy parking. At Pier 23 you can park in the pier.

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 weight lifting gloves)
3. Dress in layers
4. Bring water
5. Bring a cell phone with Jenn's number in it (415-519-6483)

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 Jenn if you get lost.

HOW DO I PAY?

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