



## Oxford Place Fitness Centre Reopening

### OPENING DETAILS

The Oxford Place Fitness Centre reopened on August 4th and we are very excited to welcome you back!

Your health remains our #1 priority and in order to ensure the health and safety of everyone, we have enhanced cleaning measures and physical distancing requirements of 6ft/2m. Masks are now mandatory in the facility.

- Fitness Centre hours will be 8:00AM-6:00PM Monday-Friday
- All members who wish to use the facility must sign and return our new waiver to Emma ([Ecotten@LivNorth.com](mailto:Ecotten@LivNorth.com)) in order to reactivate their accounts and payments
- All visits must be booked online using the Member Portal (Detailed steps on page 2)
- Members will have to choose either the “Weight Zone” or the “Cardio Zone” when booking and must remain in their chosen zone for the duration of their workout.
- Booking access will be available a week in advance
- Members may use their access cards at the beginning of the workout time. They must leave the change rooms before the beginning of the next time slot (15 mins past the workout time)
- Lunch time workouts (11:00, 12:00 & 1:00) are 45 minutes in length.
- The entrance is through the Marine Building basement door. Your card will not work on the Cordova entrance.



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### WHAT TO EXPECT

- Masks are mandatory and may only be removed when on a cardio machine and 2 meters from the next member (those with an underlying health condition that makes it difficult to wear a mask are exempt).
- Members will be given their own spray bottle to use for the duration of their visit and they **MUST** wipe down their equipment **before & after** they use it, including in the change rooms
- Members **MUST** maintain a minimum of 2m between each other while exercising
- Soft surface items have been removed including bands and yoga blocks
- The water fountain is decommissioned, water bottle filling station is available and members are required to bring their own bottle
- Each locker room will have a maximum capacity of 4 members

### BOOK A WORKOUT (step by step instructions below)

- Visit the Member Portal online (<https://oxfordplacefitness.cshape.net/Gym2/MemberLoginBeta.aspx>)
- Log into the Member Portal (If you've forgotten your login, hit forgot password and check your spam folder for an email)
- Click "Activate online booking" and purchase FREE booking service
- Click Book a Workout Zone
- Choose the correct date and scroll down to view available timeslots
- Select workout area. Each area will have a description of equipment available.
- Tap Register

The screenshot shows the Oxford Place Fitness login interface. At the top left is the OXFORD logo. Below it is a dropdown menu showing 'Oxford Place Fitness'. There are input fields for 'Lastname-Firstname' and a password field with masked characters. A dark blue 'SIGN IN' button is highlighted with a green box. Below the button is a link for 'Forgot your Password?'. At the bottom of the login area, the address '355 Burrard Street, Vancouver, BC V6C 2G8' is displayed. To the right is a navigation menu with options: 'Book a workout zone', 'Activate online bookings' (highlighted with a green box), 'SIGN UP FOR CLASSES', 'MY SCHEDULE', 'Fitness Workouts', and 'MY INFO'. Further right is an 'Account Details' sidebar with links: 'Update User Profile', 'Update Billing Information', 'Statements', 'Change Password', 'Change Login Id', 'Change Preferred Language', and 'Receipts'.

<b>Service Price</b>	
<b>Amount Due Today (Includes Tax If Applicable)</b>	
	<b>Additional Settings</b>
<b>Restrictions</b>	
<b>Close Action</b>	

Step 3. Apply discount code (if applicable) - \*Applies to RATE only

**NOTE: This is FREE. You will not need to pay. It just allows you to use the online booking system.**

Discount Code

Discount Code

Proceed to Payment Cancel

	TPPAY	Workout - Booking Workout Time

- 🏃 Book a workout zone
- 📅 Activate online bookings
- 🏃 SIGN UP FOR CLASSES
- 📅 MY SCHEDULE
- 🏃 Fitness Workouts
- MY INFO

### Account Details

- » [Update User Profile](#)
- » [Update Billing Information](#)
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- » [Change Preferred Language](#)
- » [Receipts](#)

**Book A Worko...**

**Booking Workout Time**

**999.00 Sessions**

\$0.00 Monthly  
OPEN

+

Class:  Start Date:

⏪ ⏩

ALL

Date	Class	Status	Location	Duration
Tue August 04, 2020				
10:30 AM	Fitness Centre Access Book a workout zone	Available: 3 <b>Register</b>	Cardio Zone - Ellipticals, Stair Climber, Treadmills, Bikes, Dumbbells 5lb-40lbs, Bench, Floor Space	60 minutes
10:30 AM	Fitness Centre Access Book a workout zone	Available: 3 <b>Register</b>	Weight Zone - Rower, Spin bike, Squat Racks, Dumbbells, Universal Machines, Cable Machine	60 minutes
11:45 AM	Fitness Centre Access	Available: 3		60 minutes