



## 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 are:
  - 7:00AM-2:45PM Monday, Wednesday & Friday
  - 11:00AM-6:45PM Tuesday & Thursday
- 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
- All workouts are 45 minutes in length.
- The entrance is through the Marine Building basement door. Your card will not work at the entrance.



## Oxford Place Fitness Centre Reopening

### WHAT TO EXPECT

- Masks are at all times (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 2.5m 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
- Day use lockers may be rented for the duration of your workout.

### 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

Oxford Place Fitness

Lastname-Firstname|

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**SIGN IN**

Forgot your Password?

355 Burrard Street  
Vancouver, BC V6C 2G8

- 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
- » Statements
- » Change Password
- » Change Login Id
- » Change Preferred Language
- » 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

**Submit** **Cancel** **Clear Cart**

- 🏃 Book a workout zone
- 📅 Activate online bookings
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### Account Details

- » [Update User Profile](#)
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- » [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