



Revised: 3/1/21

OUTDOOR GROUP FITNESS CLASSES

PBAC will continue offering outdoor classes while in the red tier.

Grab your gear, and let's start moving.

Please be prepared to follow new COVID safety protocols and procedures:

Sign up for class: all classes will require reservations using the Mindbody App.

Reservations window: classes can be booked 3 days in advance.

The booking window opens at 12:00 am.

HOW TO DOWNLOAD THE MINDBODY APP AND MAKE A RESERVATION:

- Download the free Mindbody app from the [App Store](#) or [Google Play](#).
- Launch the MINDBODY app and tap Continue with Email.
- Create and enter a password, then tap Next.
- Enter your first name, last name, country, and email preference, then tap Let's Go.
- You're Almost Done! Check your email to confirm your account.
- Click on the confirmation link within the email and you're ready to use the app.
- Login to the app.
- Search for Pismo Beach Athletic Club – expand your search (in miles) if needed.
Please note: you will need to make sure the location settings are turned on for the app to use your location.
- Tap on Pismo Beach Athletic Club and then tap the heart in the top right corner so that you can more easily access reservations in the future.
- To reserve a class, select the date, and you will see all lap pool and class options.
- Tap the "BOOK" button to the right of the class. You can only book times as early as 72 hours in advance.
- If you see the "CALL" button, you're outside the 3-day booking window - there is no need to call.
- If you can't make it, please cancel at least one hour in advance.

Need help downloading Mindbody App (example): [HOW TO DOWNLOAD APP ON SMARTPHONE](#)

Need help booking a class (example): [HOW TO BOOK A CLASS](#)

Additional help: please call us at (805) 773-3011 or email us at info@pbac.com

Do not come to the club: if you have experienced any of the following Covid-19 related symptoms in the past 24 hours - fever (100.4+), cough, chills, headache, sore throat, shortness of breath, muscle pain (unrelated to exercise) or loss of smell or taste.

Arrival: please arrive to class at least 10-15 minutes before start time. All members are required to check-in at the front desk before class.

Things to bring: mask, personal water bottle, sweat towel, yoga mat, sunblock, sunglasses, hat, etc. Please be prepared for all types of weather.

Masks use required: throughout the property - when checking-in, when using the restroom, going to and from class, and taking down the equipment.

Masks may be removed: during class when maintaining an appropriate distance of at least 6' apart from other members during these outdoor sessions.

Indoor facilities: all indoor facilities are currently open at 10% capacity.

Class Schedule: [CLICK HERE](#)

Classes will be held: weather permitting, on the grass area outside the club, and cycle classes will be held in the upper parking lot.

Class size: class size will be limited, and participants will be spaced 10 feet apart.

Use hand sanitizer: upon entering the club and after class/pickleball once you have cleaned your equipment.

Disinfectant spray bottle and cleaning towel: will be provided to clean equipment before and after class.

To clean equipment: spray disinfectant on the towel first and wipe all surfaces that have been touched during your workout. Deposit the used cleaning towel in the laundry hamper.

Pickleball: Currently, no reservations will be required. We will closely monitor activity and make changes as needed.

Comments and suggestions: please put your comments and suggestions in writing by sending an email to info@pbac.com. Please limit your time socializing in and around the club, and remember, this is new to everyone. We will learn more as we go.

Come enjoy the fresh air with us, socially distanced. We can't wait to see everyone back at PBAC!