



WE'RE OPEN FOR INDOOR FITNESS!

Revised: May 1, 2021

PBAC is committed to keeping our community healthy, and we will reopen indoor facilities at the state-ordered capacity of 25%. [Click here](#) to review the state's guidance for fitness centers.

As we begin to reopen, we are introducing new technology, stringent cleaning procedures, and social distancing protocols to support our members and team's health and wellness. We will continue to follow all local, state, and national guidelines. See what you can expect when we reopen, and please read and follow the guidelines below to enjoy access to your newly reopened club.

INDOOR FITNESS HOURS (DURING ORANGE TIER)

Monday-Friday:	5:30 am – 8:00 pm
Saturday:	7:00 am – 4:00 pm
Sunday:	CLOSED

BILLING

Will my membership be automatically reactivated?

No. If you have not returned since the first COVID shutdown on March 18, 2020, your membership will remain frozen/canceled – PBAC will only activate memberships upon your request.

Will I get a credit for the time the club was closed?

PBAC will credit members for any prepaid dues during our closure.

WORKOUT RESERVATIONS

Will I need a reservation to visit the club?

No. PBAC will monitor capacity limits using our check-in software.

PBAC FACILITIES & AMENITIES

We are here ↓

PISMO BEACH ATHLETIC CLUB FACILITIES & AMENITIES	PURPLE TIER OUTDOOR ONLY	RED TIER 10% INDOOR CAPACITY	ORANGE TIER 25% INDOOR CAPACITY	YELLOW TIER 50% INDOOR CAPACITY	JUNE 15, 2021 100% INDOOR CAPACITY
CARDIO ROOMS	NO	YES	YES	YES	YES
WEIGHT FLOOR	NO	YES	YES	YES	YES
GROUP FITNESS CLASSES	OUTDOOR	OUTDOOR	OUTDOOR	OUTDOOR	INDOOR
CYCLE CLASS	OUTDOOR	OUTDOOR	OUTDOOR	OUTDOOR	OUTDOOR
TRX CLASSES	NO	NO	NO	NO	YES
LOCKER ROOMS	YES	YES	YES	YES	YES
SHOWERS	YES	YES	YES	YES	YES
POOL	YES	YES	YES	YES	YES
SPA	NO	NO	NO	YES	YES
SAUNA	NO	NO	NO	YES	YES
STEAM ROOM	NO	NO	NO	YES	YES
AQUA AEROBICS	NO	NO	NO	NO	YES
PERSONAL TRAINING	YES	YES	YES	YES	YES
SILVERSNEAKERS MEMBERSHIP	YES	YES	YES	YES	YES
PICKLEBALL	YES	YES	YES	YES	YES
RACQUETBALL	NO	NO	NO	NO	YES
TABLE TENNIS	NO	YES	YES	YES	YES
CHILD CARE	NO	NO	NO	NO	TBA
TOWEL SERVICE	YES	YES	YES	YES	YES
JUICE BAR	NO	NO	NO	TBA	YES

GROUP FITNESS

Due to the limited 25% indoor capacity, we will continue to hold group fitness classes outside.

Class Schedule: [GROUP FITNESS SCHEDULE](#)

Sign up for class: all classes will require reservations using the [MINDBODY APP](#)

Reservations window: up to 3-days in advance

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

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

Class cancellations: please cancel your reservation in the app at least one hour before the class starts.

SAFETY MEASURES

Do I need to wear a face mask while working out?

To keep our community safe and our club open, **masks are required at all times while indoors unless you are actively working out on a cardio machine (e.g., treadmill, bike, elliptical, stepmill)**. This is non-negotiable. If you can't (or won't) wear a face covering, now is not a good time to hit the gym. Now more than ever, we need to earn the right to stay open. Your PBAC Team will be enforcing this to the best of our ability, but we need YOUR help ensuring that you and those around you have a face covering.

Can I remove my face mask while working out outside?

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

What is PBAC doing to keep the club clean?

PBAC has established a comprehensive cleaning protocol for Team Members to follow throughout the day to ensure equipment and all areas of the club are sanitized. These protocols have been developed, taking into consideration CDC, EPA, and public health official guidelines.

We will have PBAC team members cleaning all open areas of the gym throughout every day and doing a deep clean every night after closing. All cleaning products and tools are EPA and CDC-approved.

What is the member community responsible for cleaning?

We require all members to disinfect equipment before and after use. PBAC is providing cleaning rags, spray bottles, and hand sanitizer stations throughout the club.

STAFF TEAM SAFETY

- All team members are thoroughly trained on COVID-19 transmission prevention
- Staff will be required to wear masks and wash hands frequently
- All team members will be asked to wash and/or sanitize hands upon entry and exit
- All team members will be questioned about COVID-19 symptoms and exposure before entry and temperature checked

TIPS TO LIMIT EXPOSURE

Help keep your body and our community healthy by following all posted guidelines and these tips:

- Wear a mask in the club at all times
- Wash your hands frequently with soap or sanitizer for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Respect a safe social distance from other members and team members
- Avoid close contact with people who are sick
- Stay home if you're unwell or if you've been exposed

We want to thank everyone for the love & support! We have the most loyal members on the central coast.

Please email all questions, comments, and suggestions to info@pbac.com. Times are still extremely fluid, so please be patient; we will learn and adjust as we go.

All the best,
The PBAC Team

