WORKOUT POD FAQS

What are “Workout Pods”?
These are individual workout areas we have created for members to work out on their own. Pods are located in the parking lot area, 20+ feet apart from each other, on a reservation system.

Visit [https://groupexplore.com/schedule/443](https://groupexplore.com/schedule/443) to reserve a pod! Please get a class/pod reservation flyer at front desk for more details on how to reserve.

What type of equipment will pods have available?
Pods are equipped with benches, cardio machines and weights - dumbbells, barbells, bars and plates. There are 2 weightlifting pods and the rest are for strength and cardio training. When making a reservation, please be specific to what strength/cardio pod you want to use - strength + rower, strength + elliptical, strength + recumbent bike, strength + Arc trainer, strength + NuStep.

What times are Member Pods available for reservation?
Monday-Friday from, 6:10am - 7am & 9:30am - 4:30pm
Sat & Sun, 10:30am-1:30pm

How long may I reserve a Member Pod for?
Pods are scheduled for 50 minutes with a 10-minute breaks in between reservations.

How far in advance may I reserve a Member Pod?
Pod reservations go live 1 week prior and close 30 minutes before. Walk-ins welcomed. Please ask Front Desk/SOD if any pods are available and we will add a reservation for you.

How late can I be to my reservation? Will it be canceled if I’m too late?
Your pod will be held 10 minutes into your reservation time. Past those 10 minutes, LifestyleRx will cancel your reservation.

May members of the same household use the same pod?
Yes, maximum 3 people per pod.

May members reserve back to back pods?
Members can reserve one pod per day. However, if you would like to stay longer, please ask the Front Desk or the SOD if there are open pods.

How will I access equipment I need for my workout?
Equipment is in the basketball gym. You will use a cart to load the pieces of equipment you need for your workout and bring it to your reserved pod outside. Equipment available - dumbbells, medicine balls, straight bars, curl bars, stability balls, elastic bands, etc.

Who will clean the equipment?
When you have completed your workout, please roll the cart back to the gym and re-rack the used equipment in the red “Used Equipment” zone. LifestyleRx staff will disinfect the used equipment and re-rack.

Should members wear mask while working out?
LifestyleRx encourages members to wear a mask at all times. According to Alameda County face coverings must be worn at all times, including outdoors while engaged in physical activities (walking, running, biking, etc.) and within 30 feet of people outside of their household. Class instructors and participants must wear face coverings at all times, except when engaged in high-intensity aerobic activity.