



# IGNITE



## IGNITE FAQs

### 1. What is IGNITE?

IGNITE is a complimentary 50-minute cardio and strength training, circuit workout that incorporates cutting-edge equipment and technology. Participants can customize the workout to fit their individual needs. All IGNITE coaches are well-trained to provide modifications.

### 2. How does it work?

The IGNITE studio is split into two groups—cardio and strength. During class, you will circuit between the two equally. The cardio section consists of 5 Versa Climbers, 5 SKILLRUN Treadmills, and 5 Concept 2 Rowers. The strength consists of 15 Escape Decks where you will use dumbbells (ranging from 5–45 lbs), and resistance tubing. The entire workout is paired with a heart rate technology system that allows you to track your heart rate during class and overall caloric expenditure in the MyWellness App.

### 3. How do I prepare for class and what do I need?

Make sure you are well-fueled and hydrated. Simply bring a water bottle and heart rate monitor if you would like to track your workout.

### Class Registration (required)

1. Download the MyWellness App and create a profile prior to arriving. If you have any trouble, please email [IGNITE.bcsf@bayclubs.com](mailto:IGNITE.bcsf@bayclubs.com).
2. Registration for class begins 7 days in advance for all classes and closes 30 minutes prior to the start of the class. Please arrive 10-15 minutes before class.
3. When you register, you will be able to select a spot in class.
4. If a class is full, you will be added to a waitlist and placed in a spot if there is a cancellation.

### Heart Rate (HR) Monitors

1. HR Monitors are not required to take class and will not be provided, but can be used with our system to projected on the screen during class to showcase your work.
2. Any HR Monitor will work with our system; however, Apple Watches will not project on the screen.
3. To pair your HR monitor for the first time please arrive 30 minutes early to class to get set.

### Cancellation Policy

1. Classes must be cancelled 24 hours prior to the start of the class to avoid penalties.
2. To cancel, click “Delete Booking” from your account in the MyWellness App. Alternatively you can cancel through the front desk or by emailing [IGNITE.bcsf@bayclub.com](mailto:IGNITE.bcsf@bayclub.com).
3. If you arrive after the official class start time, your registered spot is not guaranteed and will not be held.
4. The ability to register for class will automatically be blocked after 3 late cancels/no-shows within a 90-day period.



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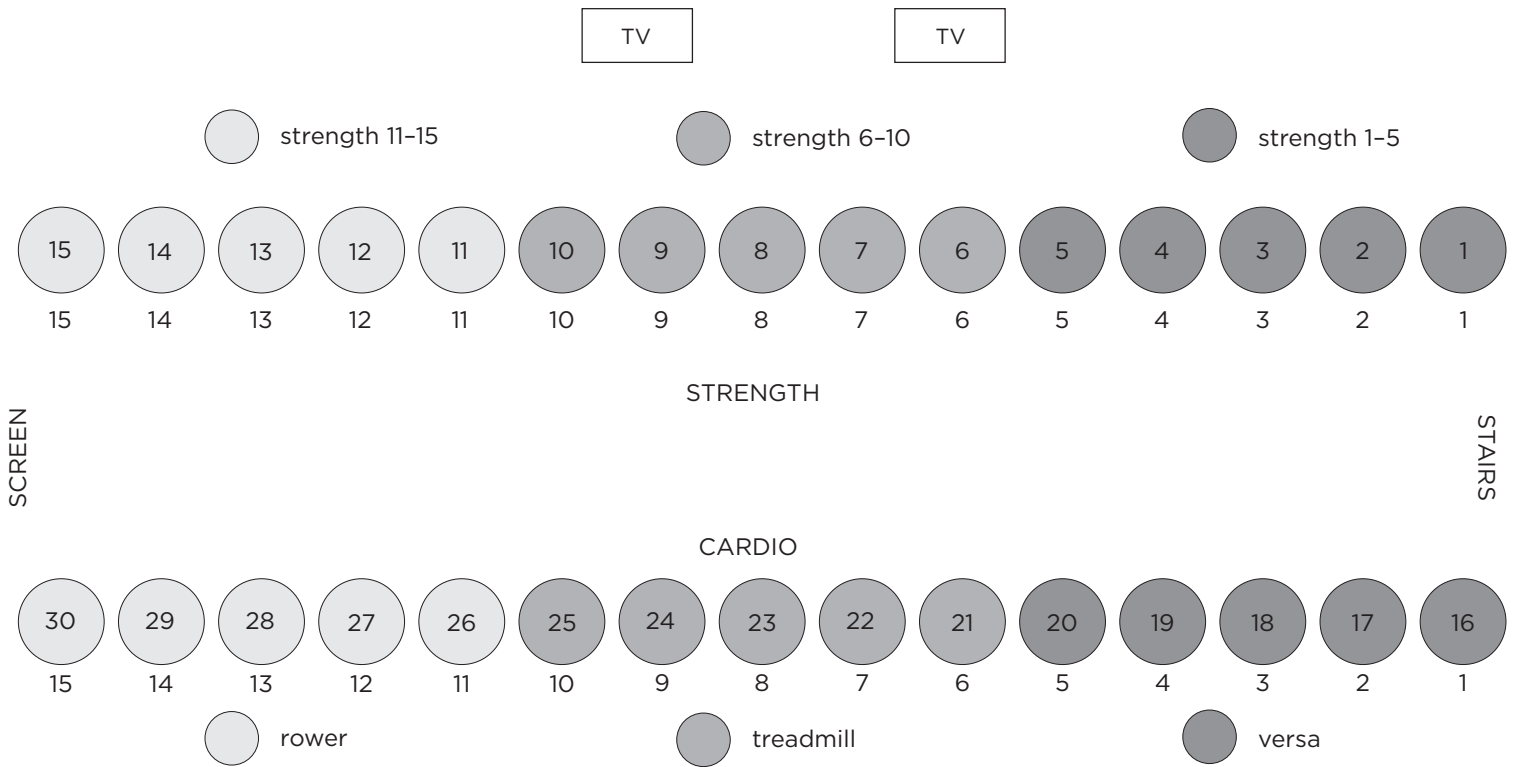


5. Special circumstances will be handled on a case by case basis, please email [IGNITE.bcsf@bayclubs.com](mailto:IGNITE.bcsf@bayclubs.com) with disputes or concerns.

### Guest Access

1. Non-members can try their first class for free with a guest pass or by signing up for their free pass at [bayclubs.com/IGNITE](http://bayclubs.com/IGNITE).
2. To get a physical guess pass, You can ask an IGNITE instructor during any class you attend, or speak with a Membership Director.

The image below shows the layout of the IGNITE studio.



Number in circle indicates number in MyWellness app.

Number below circle indicates number on the machine in the studio.