



## Welcome to City Gym!

### Check-In Every Visit

- Scan card, app QR code, email, or code number.
  - Door check-in box should turn **green** on screen.
  - **Silver Sneakers:** also check in on Tivity tablet.
  - Insurance/zero-cost memberships are added in 3-month periods.
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### Membership & Payments

- All memberships are **prepaid** — no monthly auto-charges.
  - We do **not** keep payment info on file.
  - All sales are final — no refunds on prepaid or monthly fees.
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### Gym Etiquette

- Be kind & respectful to others and staff.
  - Always **clean equipment** with spray & towels provided.
  - **Re-rack weights**, especially 45 lb & 100 lb plates.
  - Return any moved equipment to its original place.
  - Share equipment during busy hours.
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### Extra Amenities Included

- Small towels for equipment, large towels for sauna/shower.
- Day-use lockers & locks.
- All group fitness classes.
- 1 free guest pass every 6 months.
- **Wi-Fi:** CityGym (login through splash page).
- Co-ed dry sauna — follow posted rules.

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## Group Fitness Classes

- All classes included in your membership.
- Sign up at front desk or in Wellyx app.
- Cancel at least 2 hours ahead if you can't attend.
- Arrive 5–10 min early for your first class or for Cycle setup.
- Let instructors know if you have injuries, health conditions, or are new.
- Keep personal conversations to a minimum during class.
- Check our **Group Fitness Boards** for updates.

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## Class Categories

- **Cardio/Dance:** Cycle, Zumba, Step-Up
- **Strength:** Strength & Mobility
- **Flexibility:** Chair Yoga, Yoga, Pilates

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## Questions or Feedback?

See a staff member or fill out a comment card — we value your input!

**4152 Meridian Street Suite #219 • Bellingham, WA 98226 • ph.360.647.1511**

**Hours: Mon–Fri (5am–11pm) & Sat (7am – 7pm) & Sun (7am – 5pm)**

**Email: [frontdesk@mycitygym.com](mailto:frontdesk@mycitygym.com)**

**Visit us online @ <https://linktr.ee/citygymbellingham>**

