RISE UP FITNESS
Member resource

NO. 01 · START HERE

Your first 30 days

How classes work, how to scale any workout, and what your first month at the gym should look like.

INSIDE

01 Booking and your first class

02 What a class looks like

03 Every workout scales

04 Class etiquette

05 Your 4-week roadmap

06 What to bring and soreness

CLASS TIMES
Mon–Fri 9am–7pm · Sat 12pm

FRONT DESK
(289) 943-8836
riseupfitnessca@gmail.com

VISIT
343 Bloor Street West, Unit 1R, Oshawa

CLASSES

How classes work

Every class is coach-led, programmed and built to scale. You don't need to be fit to start; you just need to show up. Class times: Mon–Fri 9am–7pm · Sat 12pm.

Book your spot

- Reserve classes in the booking app so the coach knows you're coming.
- Cancel if you can't make it; someone on the waitlist will take your spot.

Your first class

- Arrive 10 minutes early and introduce yourself to the coach.
- Tell them you're new and about any injuries.

What a class looks like

10 MIN

Warm-up

Get moving and practise the day's movements with light weight.

15 MIN

Skill or strength

Learn a lift or skill and build up the weight with your coach.

10–20 MIN

Workout

The conditioning piece. Work at your own pace, not someone else's.

5 MIN

Cool-down

Stretch, log your score and put the equipment away.

✓

Every workout scales

The coach will give you a version that fits you today: lighter weight, fewer reps, or an easier movement. Scaling is how everyone trains, including people who've been here for years.

Class etiquette

Be on time

Late? Warm up on your own, then join in.

Clean up

Wipe and put back everything you used.

Cheer

Stay to cheer the last person finishing.

Phone away

Unless you're logging your score.

ROADMAP

Your first month, week by week

The first month is about building the habit, not winning workouts. Members who come 3 times a week in their first month are far more likely to still be training a year later.

WEEK 1

Come 2 to 3 times

Learn the warm-up, the movements and the coaches' names. Scale everything.

WEEK 2

Lock in your classes

Book the same 3 class times every week, like appointments.

WEEK 3

Add one food habit

Pick your meal plan by weight and start with protein at every meal.

WEEK 4

Set a goal with us

Ask one of your coaches for a goal-setting chat after class. We'll plan your next 3 months.

What to bring

☐	Water bottle	32 oz
☐	Training shoes, flat sole	Required
☐	Small towel	
☐	Comfortable clothes you can squat in	
☐	A snack for after	With protein
☐	Your goal for the month	Tell your coach

Soreness: normal or not?

Muscle soreness usually shows up **24 to 72 hours** after a new workout and fades in **3 to 5 days**. It gets milder every week.

NORMAL: KEEP COMING

Dull and achy, on both sides of the body, easier once you warm up. Tell the coach and they'll scale the day.

STOP AND GET IT CHECKED

Sharp pain, pain inside a joint, swelling, or pain that gets worse as you train.