



QUICK START GUIDE

Welcome to RVA Performance Training,

We're so glad you're here! This guide will help you feel prepared and supported as you begin, and give you a clear picture of what to expect along the way.

Let's do this!



WELCOME



Congrats on taking the hardest step - getting started. Our goal is to help you build strength, confidence, and lasting fitness habits, all while keeping things in perspective.

At RVAPT, we live by a simple mantra: “It’s just exercise.” Fitness should fit into your life, not take it over. We want you to feel challenged, supported, and encouraged here, but also to know it’s okay to miss a class or take a rest day. Progress comes from consistency, not perfection.

Let’s go over the basics so you can make the most of your membership.



RESERVE & CHECK IN

To keep your training smooth and stress-free, reserve classes through the Zen Planner app:



DOWNLOAD ZEN PLANNER APP

Check your email for setup instructions to get started.



LOGIN & VIEW SCHEDULE

See all available classes and times at a glance.



RESERVE YOUR SPOT

You can cancel up until class starts - please cancel if you can't make it. There's no fee for cancellations.



CHECK IN

The coach will check you into class when you arrive - this helps you keep track of your classes. We have milestones and like to celebrate your progress!



Pro Tip: Add your reserved classes to your personal calendar and treat them like can't-miss appointments.

WHAT TO EXPECT IN CLASS



1 **CLASSES ARE 60 MINUTES**

We're designed for busy people - you'll be in and out within the hour, no guesswork required.

2 **ARRIVE EARLY**

Give yourself a few minutes to get water, grab equipment, and settle in before class starts.

3 **COACH LED-CLASSES**

Instructors will be at the coach's station and lead you through the entire class from start to finish.

4 **SCALING WORKOUTS**

Your coach will help adjust movements to meet you where you are and help you progress.



Pro Tip: You're always welcome to show up early to class or stay late to work on individual goals.

24/7 ACCESS

Many of our members opt-in for 24/7 access so that they have the flexibility to train when it's convenient for them. If you're interested in adding this to your membership, email us!



DOWNLOAD HYBRID AF APP

Once 24/7 access has been added to your membership, you will receive an email from Hybrid Athlete Foundation within 30 minutes.



READ THE RULES

24/7 access is a privilege. Please read the rules on our website and posted in the gym.



COME ON IN

To access the gym outside of normal hours, walk up the side door facing the parking lot. Open the Hybrid app, press "Locations". RVA Performance Training should show up. Press and hold the "unlock" button until the door unlocks. That's it!



Pro Tip: Test out the app while you're in the gym during normal business hours to make sure your access works!

JOIN THE COMMUNITY

SLACK

Fitness is better with support! At RVAPT, we've built a welcoming community where everyone feels like they belong. One way we stay connected is through Slack, a messaging app where you can ask questions, share wins, and stay updated on events.

1

DOWNLOAD SLACK

Get the app on your phone or computer and join our workspace using the link from your welcome email.

2

ENGAGE & SHARE

Use Slack to ask questions, post updates, and celebrate wins with the community.



Pro Tip: Participate in Bright Spot Fridays! Each week we highlight a member's "bright spot," in or out of the gym, to celebrate wins and positive moments.

TRACK YOUR WORKOUTS



SUGARWOD APP

All members have access to our workout programming via the SugarWOD app. You should automatically receive an email from SugarWOD when your membership begins. Please make sure to register for SugarWOD using the same email as your membership.

Workouts are posted here so you can follow along, track scores and lifts, and connect with other members. You can choose to share your scores or keep them private. (Use your ZenPlanner login; gym password is letsworkout if prompted.)

PEN & PAPER

Prefer to keep it old-school? Grab a notebook and jot down your workouts - just make sure to stay consistent!

CORE GROUP PROGRAMS

PERFORMANCE RVA

Functional training with lifting, conditioning, and skill work.

Progressive programming with structured strength cycles, varied conditioning, and a focus on real-life performance.

RVA FIT

Bootcamp-style workouts delivering full-body strength, endurance, and functional fitness.

Varied programming with expert coaching and a supportive community focused on sustainable progress.

RVA BARBELL

Olympic weightlifting focused training for everyone from seasoned competitors to beginners.

Learn and refine the Snatch, Clean, and Jerk while building power and strength with squats and pulls.

RVAPT ETIQUETTE

Keeping the gym welcoming, safe, and fun for everyone.

RESPECT THE COMMUNITY

Be supportive, share equipment,
and encourage others.

RESPECT THE COACHES

Listen during instructions and ask
questions when unsure.

RESPECT THE FACILITY

Put away gear, clean up chalk &
sweat, and treat equipment like
your own.

RESPECT YOURSELF

Show up, ask for help, and
remember - progress takes time.

YOUR NEXT STEPS

Let's get started and make the most of your membership!



RESERVE YOUR FIRST WEEK

Book your classes in ZenPlanner.



INTRODUCE YOURSELF

Connect on Slack and in class.



START TRACKING WORKOUTS

Log your sessions in SugarWOD or your notebook.

We're so glad you're part of the RVAPT community, and we're here to support you and celebrate your progress along the way.

- Jake Rowell & The RVAPT Team