



Welcome to ErgoFit

Congrats on booking your first class!
This guide will help prepare you for your first visit.

Contact Us:

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Phone: 504-677-8190

Text support: 504-618-4024

www.GoErgoFit.com

Find Us:

4304 Magazine Street

New Orleans, LA

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Follow Us:

Instagram: [@ergofitnola](https://www.instagram.com/ergofitnola)

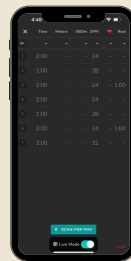
Facebook: [@ergofitnola](https://www.facebook.com/ergofitnola)

TikTok: [@ergofit](https://www.tiktok.com/@ergofit)

Before You Arrive

To get the full experience, we recommend using the ErgZone app (instructions below). However, it is optional! You are welcome to just show up and workout.

1. Download the ErgZone mobile app

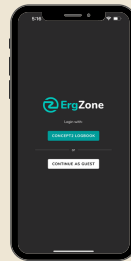


ErgZone allows our clients to track workouts, view performance metrics, and easily program the class workouts onto the Erg Monitors.

2. Log in or sign up through Concept2 Logbook

Your ErgZone account is linked to the Concept2 Logbook (the company that makes the Ergs).

- If you already have a Concept2 Logbook account, you can simply log in through the ErgZone app.
- If you are new to Concept2, follow the ErgZone prompt to create an account.



You must sign up to join the ErgoFit group in ErgZone. Please do not use the guest log in feature.

3. Join the ErgoFit group on ErgZone

Request to join the ErgoFit group in ErgZone by:

1. Scanning below



2. Or visiting www.erg.zone/groups/ergofit



Your coach will accept your request to join the ErgoFit group before your class.

Your First Class

1. What to bring to your first class



Comfortable clothes



Sneakers



Water Bottle



Phone

The following items are provided by ErgoFit, or you are welcome to bring your own!

- Sweat Towels
- Yoga Mats
- Bath Towels
- Shampoo/Body Wash

The following items are **not** provided, but you are welcome to bring your own!

- Heart rate monitor
- Rowing seat pad
- Biking seat pad

Facilities: At ErgoFit, you'll find 2 accessible bathrooms and 1 accessible shower/changing room. There are cubbies inside the studio for safe storage of your keys, bags etc. A water fountain/water bottle filler is located in the studio, and snacks and beverages are for sale at the front desk. Please note, there is no parking on site. You can find paid parking along Magazine Street or free parking on Napoleon Avenue and in the neighborhood.

2. What to do when you arrive for your first class

Arrive at your first class **15 minutes** before the class starts. During this time you will:

1. Check in at the front desk.
2. Meet your coach! Make sure to let your coach know about any injuries or limitations.
3. Complete a quick "intro to ErgoFit" with your coach. During this session you will learn how to set up the machines and get a basic overview of how to use each Erg. Throughout the class, your coach will continue to help you with form and technique.

Reminder:

No experience is necessary! ErgoFit classes are designed to fit the needs of everyone, from novice to expert.

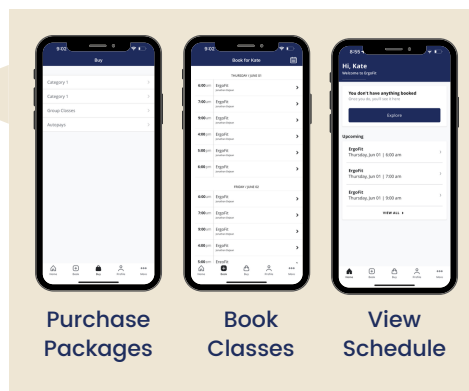
3. What to expect in your first class

1. Class will begin with a quick warm-up, led by the coach.
2. The first part of class is all cardio and referred to as **ErgoSplit** (Split refers to the Concept2 speed metric). You'll spend half your time on the RowErg, and half your time on either the BikeErg or SkiErg. You choose!
3. The second part of class is referred to as **ErgoHIIT**. During ErgoHIIT, you will complete bodyweight, free weight, and TRX exercises that complement the cardio work you did on the Ergs.

Your Future at ErgoFit

We hope you enjoyed your first class, and can't wait to see you in the studio again soon! Below are some helpful resources for your next visit.

1. Download the ErgoFit mobile app to easily manage your ErgoFit account and schedule your next class.



Purchase Packages

Book Classes

View Schedule

2. Attend our Free Fundamentals Class

Want to work on your form and technique?
Attend an ErgoFit Fundamentals class!

The fundamentals class is a free, open class time for ErgoFit members to get assistance and coaching on any of the Erg machines. Members are welcome to drop in anytime during the 1 hour Fundamentals window. Machines are allocated on a first-come basis. There is no scheduled programming during the class.

Coaches will be available to help members with:

- Form and technique
- Target splits
- Stroke rate/rpm
- Concept2 Challenges
- Tests

3. Nerd out on your data!

Are you a data nerd? You can review all of the data from your workout in your ErgZone app. This includes:

- Your daily stats
- Your all-time stats
- Class stats and rankings

Plus, you can participate in the larger [Concept2 community](#) with contests, age/gender based tests and rankings, and more!

Want to keep your data private? No problem! You can set your workouts to private so only you and your coach can view.