


# VICKERY ATHLETICS

## NEW MEMBER QUICK GUIDE

Welcome to Vickery Athletics!

Below is a list of gym procedures and information. Always feel free to text or email with questions. Thanks for being a part of our community.

- **Getting the Pike 13 Mobile App!** >>>>>> 
  - Download Pike13 on iOS or Android
  - First, you'll need to set up a Pike 13 account. You can do this by clicking "Enroll" into a class on the website or having a coach set up an account for you.
  - Your email and password for Pike 13 mobile app are the same as the Pike 13 profile you created to enroll in class. (A coach can resend your welcome email if you have no clue where it went)
  - Then, once you have set up a profile and password you will use the app to register for classes and manage payment forms.
- **Coming to Class**
  - Sign into class via the Pike 13 mobile app.
  - Bring a water (or we have it for sale).
  - Show up 5min early (don't be the 'always late' person)
  - Have a good workout at the intensity YOU need for the day!
  - Don't forget to ASK questions to your coach. We are here to help you get healthier.
- **Class Schedule** *[CLASS CAP IN ENFORCED ON ALL CLASSES]*
  - **Monday - Friday:** Group Class @ 5:45am, 6:45am 12pm, 4:30/5:30/6:30pm [no 6:30pm Fri]
  - **Saturday:** Strength Class @ 8:00am and Conditioning @ 9:00am
  - **Sunday:** Weekly Specialty Class @ 11:00am (24 hour cancellation on Sunday ONLY)
- **Class Sign-In Policies**
  - Sign up for classes cuts off 10min before the class starts (4:19pm cutoff for 4:30pm class).
  - Cancellation is free up to ONE hour before class starts.
  - No-show or cancellation within an hour of start time will result in a \$10.00 fee.
  - **Avoid \$10.00 cancel fee by IMMEDIATELY signing up for another time on the same day.**
  - **\*\*\* SUNDAY SPECIALITY CLASS IS 24 Hour Cancellation Policy.**
- **Where to find Workouts and Announcements**
  - Every Sunday the weekly workouts and announcements are posted at the link below.
  - <https://www.vickeryathletics.com/workouts>
  - You will also receive periodic emails or texts from me. They are important. I do not send junk mail.

# More Gym Stuff...

- **Cancelling your Membership**
  - **Cancellation has to be EMAILED before the 1st of each month** (bill date)
  - There are no exceptions. Cancel BEFORE your bill date of the 1st.
  - **EMAIL zach@vickeryathletics.com your official cancellation notice.**
  - While we are sad to see you go, we would love to know the honest reason behind your cancellation. It helps our business get better!
- **Gym Retail**
  - Take what you want to buy from the fridge or the shelves.
  - A self checkout kiosk is on the desk. Please use it with whatever card you would like.
- **How many times should I come per week?**
  - Almost ALL Vickery Program Cycles have "Priority" days. Ask Zach about this.
  - 3 days on, 1 day off, 2 days on, 1 day off is the most cookie cutter recommendation.
  - Listen to your body. Talk with a coach about the most ideal class attendance for you.
  - 12x per month memberships are "Use it or Lose it" monthly classes.
- **Bringing your friends to try Vickery!**
  - **It's Easy! Everyone gets a couple trial classes for free to get a feel for our program.**
  - Step 1) Pick a class they would like and tell them about our gym. Set expectations for what they can expect in a Vickery class.
  - Step 2) Have them "Enroll" in a class via our schedule on our home page (like you did!).
  - Step 3) Text Zach (cell below) about this. He will reach out to them from there.
- **Besides Classes, What does Vickery Offer?**
  - **Private Training** - Price Varies by Coach
  - **Individualized/Group Nutrition Coaching and Measurements:** Contact for Pricing
  - **Amazing Social Events!** Keep an eye out for these about once a month.
- **Can you tell me more about the Vickery Exercise Programming?**
  - We do it all and we do it with a well-thought-out plan. Zach (the owner) programs everything for our group classes. It all has a purpose and direction. PLEASE set up a one-on-one with him to discuss Vickery Programming.

Thank You for Choosing Vickery as your gym.

We value your time, company, and health.

Please ALWAYS feel free to reach out to our owner, Zach, directly. Text is best!

**Zach Morman** (Head Janitor)

Mulan Morman (CEO and President)

**Cell Phone: 469-734-3343**

**zach@vickeryathletics.com**

