

WELCOME TO OPEX FITNESS REGINA



OPEX[®]
FITNESS
REGINA

2754 MONTAGUE STREET
REGINA, SK S4S 0J9

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YOUR GUIDE TO OPEX FITNESS REGINA



HOURS

MONDAY - FRIDAY

5:45AM - 8:00PM

SATURDAY

8:00AM - 1:00PM

SUNDAY

8:45AM - 12:30PM

*Please note that our hours are subject to change. As sessions fill up we will do our best to adjust our schedule to accommodate your needs.

CONTACT

OUR COACHING TEAM



STEVE VOLKE

CO-OWNER / COACH

Steve is our fearless leader, coach coordinator & mentor. He is also the founder of OPEX Regina & has a love for helping people.
steve@opexregina.ca



HAYLEY FLEGEL

CO-OWNER / BUSINESS COORDINATOR

Hayley works hard to bring you the best facility, user experience & social events. She is also the mastermind behind our social media.
hayley@opexregina.ca



LUKE ROSSMO

HEAD COACH

Luke is head coach & movement guru. With a heart of gold & the knowledge to help you reach any goal, he is the heart of our team.
luke@opexregina.ca



MIEKA HOLBROW

COACH

Mieka is our coach & movement expert. Her experience, passion & knowledge are second to none.

mieka@opexregina.ca



SHANNON STROGAL

COACH

Shannon is our coach & women's health advocate. With a passion for helping women live strong healthy lives, she is our inspiration.

shannon@opexregina.ca



NOLAN CROSSMAN

COACH

Nolan is our coach & motivator. His infectious energy & passion for helping you makes him an irreplaceable part of our team.

nolan@opexregina.ca



DARBY KRAUS

COACH

Darby is the newest member of our team! She just completed her undergraduate degree with the University of Regina & graduates with experience working with injury & rehabilitation.

darby@opexregina.ca



JORDAN DONOHUE

FLOOR COACH

Jordan is our floor coach & fitness enthusiast. His coaching experience, passion for helping people & kind heart makes him a great addition to our team.



LOCATION

2754 MONTAGUE STREET

When you arrive at the River Heights strip mall for the first time please feel free to park anywhere. We are comfortably located in the middle of the strip mall with our logo on the front of the door.

YOUR FIRST ASSESSMENT

INITIAL ORIENTATION

When you start at our gym you will receive a full orientation so you know exactly what to expect when you come in for the first time.

This includes: where to store your personal items, where to access your programming, how to access our on-floor coach, how to sign up for the general training sessions, etc.

WHAT TO WEAR

BEING PREPARED

We want you to be comfortable & ready to get started. We suggest wearing comfortable, lightweight clothing that allows you to move. Please ensure you have gym appropriate clothing such as sweat pants, yoga wear, shorts, t-shirts and tank tops. We also require all members to wear comfortable, well fitting, fully enclosed footwear. For safety reasons sandals, flip flop, clogs etc. will not be permitted.

WHAT TO BRING

FEELING PREPARED

A personal towel should you wish to use our shower facilities or need to towel off during your workout. We do not supply towels at this time. We also suggest a water/sports bottle will ensure you can remain hydrated during your workout. We have filtered water available for you to refill your water bottle at all times. We also recommend bringing a spare set of clothes, towel and shower shoes if you're showering.

OPEX Regina does supply various toiletries for your convenience!

GYM FLOOR

THE GYM SPACE

EMBRACE THE MUSIC

Please leave your headphones at home

GET UNPLUGGED

Keep your cell phones in the cubicles while training



ETIQUETTE

Always be kind to your fellow members and respect the gym space

LET'S TALK

Show your white board to the floor coach and ask questions

SHARE THE SPACE

And the weights with those around you

CHECK IN

To ensure you've recorded your results in Fitbot

KEEP IT CLEAN

Wipe down equipment and put everything back in its place

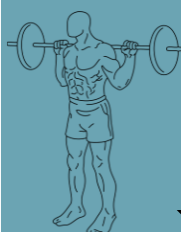


3 - 0 - X - WHAT?

A guide to using tempo in your workout.

Eccentric or "down" part of lift.

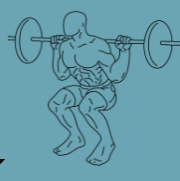
4



4
SECONDS
DOWN

Pause at bottom of rep

2



2
SECONDS
PAUSE

Concentric or up part of the lift. "X" means as fast as possible

X



X
UP AS
FAST AS
POSSIBLE

Pause at top of rep

1



1
SECOND
PAUSE

RULES FOR KIDS AND PARENTS

SAFETY IS OUR PRIORITY

Let us first start by saying we love that our gym is a family place and that our members bring their kids while they are working out. Unfortunately, not all of our members enjoy having kids on the floor with them during a workout and we do not have a kids room so they must be able to sit quietly and be self-entertained for the entire duration of your workout.

Your kids are welcome to sit at the front of the gym on the couch, in the consultation room if it is empty or in the office! Feel free to bring books, washable markers/crayons, homework, puzzles, handheld gaming systems or tablets!

CHILDREN ON THE GYM FLOOR

Children are NEVER allowed to play on gym equipment before or during a workout. Rowers, bikes, rings, jump ropes, etc. are all off limits to kids. It is simply a safety thing.

FOOD & DRINKS

No food is allowed on the gym floor. It is a sanitary issue that we keep the gym floor clean. If they need a snack, please ensure they keep it in the designated seating areas. Only drinks in "no-spill" containers will be allowed in the gym.

CLEANUP AFTER

It is your responsibility to see that your child has cleaned up after themselves. We have some awesome members that will often help corral the kids, but it is not their responsibility to clean up after them. If you bring your child please make sure you have cleaned up afterwards.

GYM FLOOR

THE GYM SPACE & YOUR KIDS

APPROPRIATE BEHAVIOR

Children are expected to behave appropriately according to their age group. If a child is disrespectful, or destructive in any way it will be addressed both with the child and the parent. This is not being meant as a disrespect but more of a reminder to the children and the parents that proper behavior will be enforced. We still love you regardless.

DISRUPTIVE BEHAVIOR

If your child is being very loud or disruptive during a workout it is YOUR responsibility to take care of whatever the issue is. We understand kids will be kids, but if your child is constantly screaming, on the gym floor, etc. it is your responsibility to put down the barbell and take care of your child. We have an amazing staff that will help in some situations, but their responsibility is coaching and the safety of the members working out. This is especially true when we are teaching movements. If you are having a hard time hearing because your child is being loud it probably means everyone else is having a hard time hearing too. Please take the time and take care of your child, doing so in a way that is not equally disruptive.

SICK CHILDREN

For the safety of everyone involved, parents are asked not to bring sick children to OPEX Regina. The following standards will be enforced to ensure that all children and staff are protected from communicable diseases. Children with the following symptoms will not be allowed in the gym:

- Productive cough
- Unidentified rash
- Fever any grade
- Diarrhea
- Vomiting
- Pink eye
- Bad cold
- Reddened sore throat

GYM FLOOR

THE GYM SPACE & YOUR KIDS

Children must be symptom free for 24 hours after symptoms cease. If your child does not attend school due to an illness, they should not be brought with you to the gym.

Lastly, some kids have too much energy to be confined to one room. Some like to climb equipment, or furniture, or people. Some need to work on their sharing and cooperation skills. Some can turn a crayon into a lethal weapon. We love ALL kids, but if your kid happens to be one of these, you'll probably need to find somewhere else to take them while you workout. You know your kid better than we do; just use your best judgment.

We love you all and all your kids but we want safety first. We want to welcome everyone to the OPEX Regina family and want to have some ground rules to make sure that every time anyone comes it is an enjoyable experience no matter who they are.

