



FAQ for The Phoenix Athletic Club

About PAC

The PAC, Who are we?

The Phoenix Athletic Club is a professionally managed, corporate fitness center that has it all; group fitness studio with complimentary group fitness classes, cardiovascular and strength equipment, free weights, squat racks, dumbbells, kettlebells, TRX, battle ropes, spacious locker rooms with shower amenities, towels, personal training, registered dietician, and more.

What are the hours of operations?

The fitness center is open from 6am to 6pm M-F.

Where is The Phoenix Athletic Club located?

The fitness center is located on the 9th floor of the GP Center Parking Garage located at 133 Peachtree Street NE, Atlanta 30303

Enrollment & Membership

Who is eligible to join The Phoenix Athletic Club?

Only GP Center employees, tenants and contractors are eligible to join The Phoenix Athletic Club

What does it cost to be a member?

\$0.

How do I join The Phoenix Athletic Club?

Stop by The Phoenix Athletic Club Welcome Desk and complete a health club waiver

Amenities

What are the locker room amenities?

Body wash, shampoo, and conditioner will be provided within each shower of the locker rooms for members to use. Bath towels, hair dryers and body lotion will also be in each locker room.

Classes & Coaching

What types of classes are going to be offered?

Our group fitness schedule offers a variety of classes to best meet the needs of our members. We offer classes such as Yoga, Cycle, Sculpt, Circuit, and HITT.

Are there certain group fitness classes for beginners?

All group fitness classes are designed to accommodate any fitness level. Our instructors will scale these workouts to meet each participant's needs and level.



How do members sign up for group fitness classes?

No sign-ups are required at this time. Walk-ins are welcome

What is a Personal Coaching Session?

Personal Coaching Sessions are the first step in personalizing your fitness experience. Our fitness team can assist in goal setting, program development, assessment and much more. This complimentary session is designed to help get you started on the right foot. Members will have the ability to sign-up for these sessions at our welcome desk with one of our fitness team members.

How do members sign up for personal training or the registered dietician?

Members will have the ability to sign-up and pay for these at the Phoenix Athletic Club Welcome Desk with one of our fitness team members.

General

What should I wear to workout at The Phoenix Athletic Club?

We recommend that members wear something that is comfortable/breathable for your workout. Shirts and shoes are required while on the workout floor.

Will food and/or beverages be sold at The Phoenix Athletic Club?

We currently offer bottled water, sports drinks, protein shakes and bars. We do have water fill stations and recommend you bring a water to your workout sessions.

What are the cleaning procedures for the fitness center?

Our fitness team follows a daily cleaning schedule to ensure that all machines are properly cleaned and disinfected throughout the day. We encourage our members to wipe down their machines before and after using. The entire fitness center is cleaned by a professional cleaning company on a nightly basis to ensure that all areas of the fitness center are disinfected and cleaned proactively.

How do lockers work at The Phoenix Athletic Club

Members will have access to complimentary lockers while using the fitness center. You can bring your own lock and use the locker for the duration of your workout. If you need overnight storage permanent lockers are available. As well as laundry service.

Small Lockers \$10/month

Half Lockers \$15/month

Laundry Service \$10/month

What kind of towels are provided?

Bath towels as well as sweat towels are provided for members to use while in the fitness center.