



WERQ Open Gym

Guidelines & Procedures

We are excited to introduce Open Gym hours to our roster! Open gym is a timeslot in which you can work out at the gym independently. The Open Gym is here as an addition to your current training routine or schedule, to complement them and give you more flexibility.

Training with Intention

We encourage you to come into Open Gym with a plan: whether that's a written program, a few exercises you want to focus on, or a clear goal for the session. This helps keep your training effective, safe, and aligned with your long-term progress.

It is important to state that the Open Gym should be an addition to your current training schedule, not a replacement. It is meant to support and build on your regular group classes, not to take its place. Think of it as extra time to focus on your personal goals or needs: whether that's following a rehab plan, practicing movements you want to improve, or taking space for recovery and maintenance. We encourage everyone who comes to train in the Open Gym to come with intention and clarity about why they're there. This way, the time you spend in Open Gym stays safe, purposeful and will be a true complement to your group classes.

Who Open Gym Is Designed For

- You are doing rehab after an injury, for example with exercises from Wijs Physio.
- You are preparing for or recovering from surgery.
- You are training through pregnancy or working on post-pregnancy recovery.
- You want to focus on a specific skill, such as getting your first strict pull-up.
- You are a regular at our group classes and want to add an extra session to your schedule.

Getting Started!

Before you come to train in our Open Gym for the first time, we highly encourage you to book a short chat with one of our coaches. This isn't mandatory, but it really helps you to feel prepared, and make the most out of your Open Gym sessions.

During this 20-minute chat, we'll talk about how you'd like to use the Open Gym, what your goals are, and whether you'd benefit from a structured plan or a bit of extra guidance from us. It's a way for us to make sure you feel confident walking in, and that your training time stays safe, purposeful, and aligned with what you want to achieve.

You can book your intake slot directly through Eversports, under the 'Member Intakes' option in the schedule. We want Open Gym to support you in the best way possible, and this conversation helps us do exactly that!

Structure & Availability

- The Open Gym hours take place in dedicated blocks.
- Each block has space for six participants.
- A supervising coach will always be present during Open Gym hours. Please note that Open Gym is not a group class, so the coach will not be actively coaching you through your workout. However, if the coach is not in an intake conversation, they are available for quick questions or guidance as needed.
- The space is also used by personal trainers with their clients; please be mindful and respectful of this. Keep the volume down and make sure not to interrupt their sessions.

How to Prepare for Your Open Gym Training

- Know the focus of your training that day.
- Pick a written out training protocol from our folder (you can find this in our gym), or bring any program, rehab plan, or notes you want to follow.
- Arrive a few minutes early to set up your space and warm up.
- Check in with the supervising coach if you're unsure about anything.

These small steps help you get the most out of your time in Open Gym!

Mindful Atmosphere

We want the Open Gym to feel comfortable, calm, and supportive for everyone training.

Because sensory needs can vary a lot from person to person, we aim to create a balanced baseline in the space. The supervising coach will set the general atmosphere: a neutral music playlist that isn't too loud or too soft, and lighting that is evenly lit and comfortable. Our gym lights can be dimmed or adjusted in brightness and color, and the music volume can always be changed if needed.

If you require something different, such as softer music, quieter surroundings, or dimmer lighting, please take the initiative to let the supervising coach know so we can make adjustments that help you feel more at ease. At the same time, remember that this is a shared space, and we work together to find a balance that feels safe, respectful, and comfortable for everyone's sensory needs.

How to Use the Open Gym Safely & Respectfully

To make the Open Gym a safe and positive space for everyone, we ask you to follow these guidelines:

- Safety first. If something feels painful or unclear, pause and ask a coach if present, and otherwise stay on the safe side and only do the exercises that give no pain or bad discomfort.
- Respect the space and others. Share equipment fairly, and clean up after yourself.
- Warm up properly. Use the knowledge you already have from class to prepare your body. We will have different warming-up hand outs laying in the gym for different workouts, so if you are unsure how to warm-up, grab one of these warm-ups to ensure that your body is prepared for the training session.
- Stay within your limits. Open Gym is not the moment to test max lifts or learn highly technical skills without supervision. If you want to progress in these areas, ask a coach for guidance.
- Mindful atmosphere. Keep noise, music, and chatting at a level that respects others training or working.
- Equipment care. Return everything where it belongs, wipe down equipment, and handle barbells and weights with care.
- Priority of use. If personal trainers are working with clients, please allow them priority access to the space and equipment they need.
- Sharing the space. Stick to one training station whenever possible. Keep bags, bottles, and personal items in designated areas. If you want to use equipment someone else has, please ask instead of taking it. Avoid “reserving” multiple pieces of equipment during busy times.

That’s all, enjoy your time at Open Gym!