



FAQ for Pulse Fitness

About PULSE

Who are we?

The Pulse Fitness 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, recovery area, locker rooms with shower amenities, personal training, registered dietician, and more.

What are the hours of operations?

The fitness center is open from 5am to 9pm M-F. Key card access only. Staffed hours vary.

Where is Pulse Fitness?

The fitness center is located on Level S (Basement), of the 400 Building – Northpark
1000 Abernathy Road, NE
Suite B-20
Atlanta 30328
770-668-2220

Enrollment & Membership

Who is eligible to join Pulse Fitness?

Northpark employees, tenants and contractors are eligible to join Pulse Fitness.

What does it cost to be a member?

\$30. There is no enrollment fee.

How do I join Pulse Fitness?

Please email us pulsefitnessnorthpark@corpsports.com. Or stop by the fitness center. Please note, staffed hours vary. A fitness center application can be emailed to you or you can complete it in person.

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. Members are encouraged to bring their own towels and shower shoes.

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 dietitian?

Members will have the ability to sign-up and pay for these services with the Pulse Fitness Center manager.

General

What should I wear to workout at Pulse Fitness?

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 Pulse Fitness?

We currently do not offer beverages at Pulse Fitness. We do have water stations and recommend you bring a ref-fillable water bottle 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 Pulse Fitness?

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. Monthly Lockers \$10/month