

LNPC FAQ

Downloading the LNPC app

- If using an iPhone, please click this link: [App Store](#)
- If using an Google or Android phone: [Google Play Store](#)

Member Services

- What are the hours of operation for the facility? Monday through Friday 5am-11pm; Weekends 7am-7pm (Grand Opening) Monday through Friday 8am-8 pm; Weekends 8 am- 4 pm (Soft Opening)
- How will I access the areas of the club? Download the LNPC app from the app store. Link your account and you will have access to your membership barcode on your phone. This is how you will check-in to the LNPC, as well as other areas of the club. More information to follow on how to download the app.
- If I cancel and want to return, will I have to pay an enrollment fee again? Yes, you would be required to enroll at the current promotion at the time of re-joining. If you need to pause your membership, you can freeze for up to two months at a \$15 rate per month.

Child Watch

- What are the hours for Child Watch? It will operate with a normal schedule. Soft Opening/Grand Opening: 8 am to 1 pm and 3pm to 8 pm Monday through Friday 8 am to 1 pm Saturday and Sunday
- What are the age requirements for Child Watch? It is available for all LNPC members children who have family memberships, or the Child Watch add on. Childcare will be available for ages 2 months to 12 years old for two hours a day.
- Can I use Child Watch if I am not a member of the Lake Nona Performance Club? No, Child Watch is a service for LNPC members only who have a family membership plan or who have added the Child Watch add on.
- What is Kids in Motion programming? Kids in motion is programming for children 6 years to 12 years old. These children will utilize other areas of LNPC for Rox, Indoor Track, Sports Courts, etc. to keep them active while the adults are using the facility. Scheduling to come soon.
- Do I need to make reservations for my child? We highly encourage everyone to make reservations, but it is not required. To make a reservation call 407-216-5672, otherwise drop in's will be taken on a first come first serve basis if there is availability.

Locker Rooms

- Will there be towels available? Yes, we will have full towel service including shower towels in the locker room as well as sweat towels on the 2nd floor.
- Will there be lockers available? Yes, we will have daily use lockers both in the locker rooms and numerous daily use lockers on the second floor. These are first come first serve and free to use.
- Do I need to bring a lock? No, all the lockers come with built in locks for daily use only.
- Can I rent a locker? Yes, you can rent a locker which also includes VIP laundry service. You may choose the locker you want to rent, you will be provided a laundry bag, your items will be laundered and placed back in your locker for the next day. For more information, please see our Member Services desk.

Chopra Mind Body Zone

- Do I have to be a member of LNPC to use the MBZ? No, anyone in the community can experience the Chopra Mind Body Zone for a \$30 per day drop-in rate.
- How much does MBZ cost? The Mind Body Zone is just a \$70 Up It! per person per month and can be added and dropped at your convenience.
- Can I try a class before committing to MBZ membership? Yes, anyone in the community can try the Chopra MBZ for a \$30 per person per day fee. Any LNPC member without the MBZ up-it can try a class for \$15 per person per class, or the daily LNPC member rate of \$20.

Chopra Mind Body Zone Spa

- What types of massages are offered? Besides your traditional treatments such as sports, deep tissue, and prenatal massages, Chopra Signature treatments that will focus on detoxification, stress relief, vitality and energy.
- How do I schedule a Chopra Spa service? Call our Member Services team to schedule any of our luxurious spa services. We will begin accepting reservations on July 26th.

Rox Climbing Gym

- How much does the ROX UP IT! cost? Rox is available for LNPC members for only \$50 a month and covers the entire family's experience. For non-LNPC members, a ROX only membership would be \$90 a month.
- How tall is the tallest rock wall? Our tallest wall in ROX will stand a whopping 43' in the air! In addition to climbing our tallest wall, you will have the opportunity to experience activities such as top roping, rappelling and bouldering.

- Will there be guided lessons, or do I already need to know how to rock climb to participate? The ROX climbing gym will be fully staffed by experienced and trained climbing coaches. Regardless of your ability, ROX is intended for all ages and climbing abilities, from beginner to advanced.
- Can my family and I try out the ROX Climbing Gym prior to adding it to your membership? Yes, for LNPC members, you can pay \$15 and experience ROX for the entire day!
- What are the hours for ROX? Soft Opening: Monday through Friday 10am to 6 pm and Saturday and Sunday 10 am to 3 pm. Grand Opening:

Aquatics Center

- What is the temperature of the lap pool and warm water therapy pool? Kid's pool? The lap pool will consistently stay around 78 degrees while the warm water therapy pool will stay around 90 degrees. The kids pool will stay around 78 degrees while the whirlpool will stay around 102 degrees.
- Will there be swim lessons? Yes, our aquatics staff will offer swim lessons to all ages and skill levels. In addition to swim lessons for beginning swimmers, we will offer water safety classes for infants up to 2 years old.
- Use of swim diapers allowed? Yes, the use of swim diapers is required for any child not potty trained.
- Are there any age restrictions in the pool area? While we want everyone to have a wonderful experience in our aquatics center, there are some safety requirements for young swimmers. First, any children who want to swim in water above their head will be required to pass a swim test. Next, any swimmer under the age of six must have an adult in the water within arm's reach or wear a Coast guard approved life jacket at all times. See our Aquatics team for more information.

Fitness Floor

- What is the minimum age to use the fitness floor? The age for children to be on the fitness floor is as follows: 13-15 with a parent but would need to go through an orientation to the floor with a member of the fitness staff. For children 16 and above, they may work out on the fitness floor alone.
- What is the minimum age a youth can have personal training? A child can participate in personal training beginning as young as seven years old and must be with a trainer at all times. Younger may be permitted on a case-by-case basis.

Group Exercise

- How many group exercise classes will we have? At the LNPC there will be more than 100+ classes a week that cover formats with foundations in strength & cardio, mind body, dance, and aquatics. Please note, the number of classes in our soft opening will be fewer than our full-scale opening.

- How do I register for a class? Reservations for all group fitness classes will be required through the LNPC member app or through the membership portal. Classes will open for reservations 26 hours prior to class and closes 2 hours before class starts.

Cycling Studio

- How many bikes are in the studio? We can accommodate up to 20 riders plus 1 instructor per class.
- How do I register for a class? Reservations for all group fitness classes will be required through the LNPC member app or through the membership portal. Classes will open for reservations 24 hours prior to class.

Precision Rx

- Who will see the results of my test? Only authorized Human Performance Lab staff will have access to the results.
- Can I bring a friend to my test? If you bring a friend, they will be asked to wait in the human performance lab seating area and will not be able to accompany you in the testing room. Many of our tests are sensitive to changes in attention or motivation, so we try to limit as many variables as possible for higher accuracy.

Edge – Sports Performance

- How big is the indoor track? Our indoor track measures 440ft around where 12 laps equal one mile. There will be one lane designated as a walking lane and one lane designated for runners.
- Will I have access to the recovery room as part of my sports performance package? The recovery room is not included in the sports performance packages but can be added on to supplement your training. Unlimited access to the recovery room is available for only \$19 a month but excludes services requiring assistance from an athletic trainer.
- Can I use the turf on the third floor even if I am not in a sports performance session at the time? The sports performance turf on the third floor is open and available to all members if it is not reserved for a group training session. Please use caution when using the turf, track and equipment and only use equipment if you know how to use it safely.

Recovery Area

- Is this area included with membership? No, but you can add on unlimited access for only \$19 a month for services not requiring the assistance of an athletic trainer.

Team Beats

- What is Team Beats? Team Beats is a high energy, heart rate based small group class aimed at maximizing calorie burn and improving endurance. All Team Beats classes are instructor led and by reservation only.
- Is Team Beats included with membership? Each member will have access to two (2) TB classes per week which are included with membership. However, members are welcome to add on unlimited classes for only \$35 a month.
- How many people are allowed in each Team Beats class? There will be spots for up to 20 people to take a Team Beats class and can be reserved up to 24 hours in advance.
- What equipment will be used for Team Beat classes? Team Beats classes will be utilizing a variety of equipment such as Technogym Skill Run, Skill Row, Skill Bike, Skill Bench, Kettlebells, Medicine Balls, Ropes, sleds and much more.

Gymnasium – Sports Court

Will you have recreational leagues for my child?

- We will offer recreational leagues in basketball, pickleball, badminton and volleyball. League dates are being discussed and released as soon as details are confirmed.
- Can I just show up the courts and play or do I need to reserve a time? Our courts will rotate between volleyball, basketball, badminton, pickle ball and special events. We will have schedules available so you know exactly when you can drop in and play. Equipment will also be available for your use at those designated times.

InClub Golf

What does the UP IT include?

- The InClub Golf UP IT, includes unlimited use of the hitting bays and will include micro-lessons with Rob Roylance, the in-house Golf Professional.
- Do I have to be a member to join InClub Golf? No, you do not have to be a member of the LNPC to join InClub Golf. For more information on joining InClub Golf please visit our website.

Nutrition

- Will there be someone who can help with my nutrition goals? Yes, we will have a registered dietician on staff and will be offering services such as 1 on 1 consulting, nutrition plans, and community demonstrations. Nutrition services will be booked by reservation based on availability. Please contact member services to book an appointment.

Other

- Where will I park? There will be multiple options for parking both in the surface parking lot and parking garage, both adjacent to the Club. The current GPS address is 13485 Veteran's Way – Parking Lot 2, Orlando, FL. 32827.
- Will there be guest passes? Yes, members will receive two guest passes per year to share with family and friends. After that, members can purchase additional guest passes for \$15. Non-members of the LNPC can purchase a day pass for only \$20.
- Will there be food and beverage options available? During our initial opening, Veg'N Out will have food and beverage offerings in our lobby area. After completion of the medical office building, a café will be located on premise.