

FIT FARM

WHAT TO BRING

Imagine a world where you change three times a day. That's Fit Farm at Rock Springs. Sweat is your friend.

While working out your clothing should be very comfortable. Our general campus is quite informal, so please feel free to dress casually during other times as well. Above all though, you will need good, supportive aerobic and walking/running shoes. Please refrain from bringing jewelry or other high-end valuables. We do not assume liability for lost or stolen property, but we do provide a safe for each guest.

Additionally, a warm jacket and outerwear are advised during our cooler months: October, November, December, and January.

If you have any questions about what you should bring or just want to make us aware of your particular situation or needs prior to your visit, please reach out to us at: 615-667-8055



FIT FARM

WHAT TO BRING CHECKLIST

REQUIRED ITEMS

- BCAA's (Branched-chain Amino Acids)*
- Heart Rate Monitor**
- Water Bottle
- 2 Pairs of Gym/Running Shoes
- Braces or Wraps for Pre-existing Injuries
- Anti-inflammatories (Advil, etc)*
- Body Soap, Shampoo, Toothpaste, etc*

IMPORTANT ITEMS

- Headbands/Sweatbands
- Running or Aerobic Socks (Men's, Women's)
- Swimsuit/Goggles
- Shorts/T-Shirts or Sport Aerobic Attire
- Gym Bag for Transporting Items on Campus
- Insect Repellent/Sunscreen*
- Vaseline to Stop Blisters
- Sports Creme (Tiger Balm, etc)*
- Sunglasses/Hat
- Any Important Medications/Probiotics
- Medical Syringe Disposal Container (as needed)

SUGGESTED ITEMS

- Rain Gear/Outerwear
- Flip Flops
- Hiking Boots
- Spin Shoes Compatible with SPD System (Optional)
- Sweatshirts or Layered Clothing
- Laundry Soap/Fabric Softener*
- Appropriate Diabetic Supplements

*Available for purchase in the general store

**Fitbit or Apple Watch that tracks heart rate, steps, and calories burned