



Visit Guide

Basics Fitness goes beyond other gyms, providing everything you need to be your best self. Here are our best tips for getting the most from every visit to Basics:

BEFORE YOU LEAVE HOME

- Bring a separate pair of comfortable, closed-toe indoor shoes for exercise.
- Wear any loose, breathable clothing that you feel good moving in—no special workout clothes are needed here!
- Eat and drink something about 40 minutes before you arrive and feel free to bring a water bottle. (You can also get water from our fountains or purchase bottled water at our Front Desk.) We want you to stay hydrated, and coffee and other beverages are not permitted on the exercise floor.
- Are you being referred from a physical therapist or doctor? Please bring your discharge paperwork, including exercise limitations and recommendations.

GETTING HERE

- Basics Fitness is easy to get to from many southern Maine communities. We are located at [380 Western Avenue in South Portland](#), across from the Staples Plaza. There is always plenty of parking by the front door.

UPON ARRIVAL

- Approach our front desk and let us know you're here so we can give you your membership card and confirm your payment information.
- Hang your coat and change your shoes at the coat area by the entrance. Shoes can be put inside any open cubby. Basics also has free day use lockers with coded locks available to store your valuables.
- Please silence your phone and get ready to take an exciting step forward! If you are here for an orientation or training session, a coach will meet you at the Front Desk. If you are here for a class, our Front Desk staff will direct you to the studio.