



Welcome to OC Health Clubs

Little by little, a little becomes a lot.

WELCOME

We're glad you found us.

We know looking into something new can feel a little daunting. That's completely normal. This guide is here to give you a clear picture of what OC Health Clubs is about, what a session looks like, and how to find us if you'd like to come in.

OC Health Clubs is not a traditional gym. We are personal coaches who guide every session, every step of the way. You don't need to know what you're doing. You just need to show up.

Good to know: You don't need to be fit to get started. That's exactly what we're here for.

YOUR FIRST VISIT

Here's what to expect.

- Arrive **5-10 minutes early** and your coach will greet you at the door
- You'll be shown around the facility and introduced to the team
- Your coach will guide you through **every movement**
- Sessions are fully structured, so there's **no guesswork** on your end
- You move at your own pace. Form always comes before intensity
- You'll leave feeling energised, not broken

WHAT TO WEAR & BRING

Keep it simple.

Wear

- ✓ Comfortable exercise clothes
- ✓ Training shoes (grip socks available in-club)

Bring

- ✓ Water bottle
- ✓ Small towel (optional)
- ✓ A positive mindset

No special equipment or experience needed.

GETTING HERE

Parking & arrival.

We're at **QT Central Shopping Centre, Five Mile, Queenstown**. Park in the QT Central car park (next to Kmart), follow the dotted path to the entrance stairs, and head straight up to OC. Additional parking is also available at Five Mile Shopping Centre.



We've got answers.

Q What if I'm not very fit?

That's exactly who we work with. Our sessions are designed for real people at every fitness level. If you come in, your coach will tailor the intensity to where you are right now.

Q What if I've never trained in a gym before?

No experience needed at all. We'll walk you through every movement and make sure you're comfortable before you do anything. Many of our members started exactly where you are.

Q Will a coach actually help me during the session?

Yes, every time. Unlike a traditional gym, our coaches are present and actively coaching throughout. You'll never be left to figure things out on your own.

Q What if I have injuries or limitations?

Just let us know beforehand and we'll work around it. Every exercise can be modified. We specialise in helping people feel better, not worse.

Q How hard are the sessions?

That's up to you. We follow a Form Over Fatigue philosophy, which means we build you up gradually and always prioritise quality movement over pushing too hard, too soon.

Q What if I'm nervous about coming in?

Completely understandable. Many people feel the same way before their first visit. Our community is warm, non-judgmental, and welcoming. A free session is a no-pressure way to see it for yourself.

WHY OC

This isn't your average gym.

- ✓ Expert coaching in every single session
- ✓ Personalised support and real accountability
- ✓ A welcoming community of like-minded people
- ✓ Holistic approach: sleep, nutrition, exercise, environment
- ✓ Sustainable results, not quick fixes

405+

Five-Star Google Reviews

92%

Active attendance rate (industry average: 30%)

60+

Sessions per week

READY TO SEE IT FOR YOURSELF?

We'd love to have you in.

The best way to understand what OC is about is to experience it. You're welcome to come in for a free session with no obligation, or if you'd prefer to chat first, book a quick call with Chaz and ask whatever's on your mind.

Book a Free Session

Come in and experience OC for yourself, no obligation.

ochealthclubs.co.nz/join-free-session

Book a Call with Chaz

Got questions? Let's have a quick chat first.

[Book your call here](#)