

GROUP EXERCISE

Class rules are designed to ensure safety and etiquette in the studio and pool.

They are as follows:

- **All fitness classes are available on a first come, first served basis.**
- **Arrive on time; if you are late, please enter quickly and quietly.**
- **No reserving or saving spaces, bikes, steps, etc...**
- **Before entering the studio or pool, allow the current class to finish completely.**
- **Socializing – should be done either before or after the class. Talking throughout the class can be viewed as disrespect to not only the other participants, but to the instructor as well.**
- **Please follow all safety instructions provided by the instructor, including technique regarding the use of equipment.**
- **Let the instructor know in advance if you have any injuries or special considerations.**
- **If you chose not to follow the routine of the instructor, please move to the back of the room or side of the pool so as not to distract the instructor and those participants who are following.**
- **Be considerate of adjacent member's space.**
- **Please quickly clean and return all equipment (steps, weights, bands) to proper storage area so the next class can start on time.**
- **Please wear clean gym shoes.**
- **Please refrain from wearing perfumes or strong-smelling deodorants.**
- **Please store your gym bag and unneeded items before class. Unnecessary items on the gym floor pose a hazard to your classmates.**
- **Turn your mobile device off as soon as you arrive. We understand emergencies. In case of any emergency, please have your device on silent mode and take calls in the hallway.**
- **Have fun!**

