

Group Fitness Class Etiquette

For your safety and to optimize everyone's Group Fitness experience, please remember the following:

- Please wait until the instructor from the previous class opens the studio door and lets you know the class is over before entering the studio.
- Do not enter a class if you are more than 10 minutes late.
- Turn your cell phone off.
- Children under the age of 13, who have not completed the Youth Group Fitness Program, are only permitted in family programming classes.
- Keep conversations to a minimum.
- Be considerate of other members' exercise space.
- Remember personal hygiene and refrain from wearing excessive perfume or cologne.
- Save your feedback and suggestions for the instructor until the end of class.

Thank you for your cooperation.