

# GROUP EXERCISE POLICIES

- Please refrain from using cellphones (this includes texting and emailing) in the group exercise spaces. Turn your ringer to silent.
- Members are expected to wear appropriate attire and footwear. Shirts must be worn at all times.
- Keep personal items free from movement spaces. Please use a locked locker or cubby.
- You may bring resealable plastic or aluminum beverage containers. Food is not allowed in the group exercise spaces.
- Children ages 7-12 may attend designated Family Friendly classes with direct adult supervision if they are actively participating. Check the schedule for classes with the Family Friendly symbol.
- Youth ages 13-15 may participate in group exercise classes if they have had Teen Orientation and are wearing their Teen Orientation wristband, or if they are under direct adult supervision.
- Please be respectful of others and refrain from being disruptive or having loud conversations during class or around classroom in session.
- Members are expected to wipe down equipment and return it to the proper location after use.
- Report any injury to a Healthy Living Instructor or leadership staff.
- For everyone's safety and well-being, all members will follow group exercise policies. Members in violation of any policy may be subject to removal and/or suspension of equipment use in group exercise classes.
- For a safe, effective workout, we recommend that you arrive early to meet your instructor and prepare your body and mind to maximize your class experience.
- Safe and proper use of equipment is expected. Exercise within your limits. You are responsible for your personal health and safety while exercising. If you need assistance or have questions, please speak with a Healthy Living Instructor.