



GROUP EXERCISE REMINDERS

Arrive Within 5 Minutes of Class Start Time

For your safety, all members are welcomed to join class up to 5 minutes of class start time.

All reservation classes – If you make a reservation and you are not in class at class start time your reservation becomes void.

Age Requirements for Classes

Members ages 15 and up are allowed to participate in all group exercise classes. Members ages 9-10 who have received their youth fitness badge may participate in all beginner level classes with a parent. Youth fitness badge required. Youth 11-14 may participate in all beginner level classes. Youth fitness badge required.

Personal Items

For the safety of all of our participants, all personal items may be stored in our locker rooms or cubbies located in the fitness center. For smaller items such as keys, please place these items off the floor.

Cell Phones

All cell phones and other mobile devices should be in silent mode.