

GROUP FITNESS POLICIES

No food or beverages are allowed in the studios, except water in closed plastic containers.

Participants are highly encouraged to arrive to class on time. Late arriving participants may be denied entry to class, at the instructor's discretion, due to the importance of a sufficient warm-up period.

It is highly recommended that participants stay for the entire class to ensure the proper cool-down phase of class.

Soft-soled, closed-toe athletic shoes are required for all cardiovascular and resistance training classes. Hard-soled, closed-toe athletic shoes or cycling shoes are recommended for all cycling classes. Shoe removal may be appropriate in yoga, pilates and flexibility training classes.

Personal belongings may be stored in the cubby areas or in a day locker located throughout the facility. Recreation and Wellness is not responsible for lost or stolen items.

All accidents, injuries or equipment irregularities must be reported to a staff member immediately.

Towels are recommended for all classes. Water bottles are highly encouraged for cycling classes.

All patrons must comply with staff requests/directives. Instructors have authority over all room conduct and use of equipment. Failure to comply may result in suspension or termination of a member's use of the recreation center and recreation department programming.

All equipment must remain in the studios and must be returned to its proper location after use. Equipment from other areas may not be brought into the studios. All equipment should be used for the manner for which it is designed.

To enter a class, participants must wait outside of the studio until the instructor allows everyone inside. Please form lines going toward the end of the hallway; participants may not save spaces in line for friends or save equipment.

Class entry is on a drop-in basis and will be open on a first-come, first-served basis. Class size is limited to the amount of equipment available in each class as well as occupancy numbers for each room. This number will fluctuate based on class type.

Recreation and Wellness reserves the right to cancel any class on the basis of low attendance or registration.

Studios are open for use when class is not in session through reservation. Please see reservation policies for procedures on how to reserve spaces in the Recreation and Wellness Center.