Group Fitness Class Etiquette

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

- **Arrive on time**, give yourself a few minutes to set up and settle in. If you arrive late, please find a space in the back of the room.
- **Silence phones**, be present. Please leave the class to text or make a call.
- **Respect personal space.** Be mindful of the personal space of others around you.
- **Keep conversations to a minimum during class.** It is disruptive to others who are trying to hear and follow the instructor.
- **Listen to the instructor**, follow cues and modifications for safety.
- **Stay in your spot**, avoid moving around the room unless necessary.
- **Wait for your turn.** Please wait until one class is over before entering the group fitness room. Transition time is built into the class schedule.
- **Wipe down & return equipment.** Clean up when the class ends to prepare for the next class coming in, in a timely matter
- **If you leave early, do it quietly.** Plan to pick a spot near the equipment closet or the back of the room.
- **If you are unable to attend class, please remember to cancel your reservation.**
- **Bring positive energy & support others.** The energy you bring helps shape the class experience.

Thank you for your cooperation.