



FITNESS CLASS POLICIES & ETIQUETTE

- **Arrive on time** – A good warm is an important aspect of a successful workout. Late arrivals are disruptive to the entire class. Mind Body classes will be closed 5 minutes into class.
- **Stay for the whole class** – The cool down is as important as the warm-up. Leaving class early is disruptive to the flow of the class and leaves the instructor wondering if you are okay.
- **Keep conversation to a minimum** during class. It is disruptive to others who are trying to hear and follow the instructor.
- **Participate in the class** – Please refrain from “doing your own thing” while in class. This will allow for better class flow.
- **Wait your turn!** Please wait until one class is over before entering the studio for the one that follows.
- **PHONE FREE ZONE.** Group Exercise studios are phone free zones. Please silence or turn off your phones while participating in a class. Please leave the class to text or make a call.
- **Dress appropriately** for the class you’re taking. Jeans, ripped tee shirts and/or open toed shoes such as sandals and flip flops are not allowed in the fitness center or fitness classes. Please do not wear excessive perfume or cologne.
- **Stay hydrated!** You don’t have to wait for water breaks to get water. Make sure you hydrate before, during, and after class.
- **Wipe down equipment** – Please wipe down the equipment after you use it. Gym wipes or solution in the spray bottle and paper towels are provided for you to do so.
- **Return all equipment** to its proper place after the class is finished.
- **Store your belongings in a locker** – Please leave all of your belongings besides a towel and a water bottle in a locker.
- **Bring your own mat** to Yoga classes for hygiene reasons.
- **TRX and Cycle reservations** are only valid until the music comes on and class begins. Once the class begins, anyone is welcome to take the empty spot.
- **Talk to us!** Instructors love to hear your feedback. Group Fitness classes are designed for you; so if you have feedback or a suggestion, let us know!