



group

fitness

Class Etiquette

For your safety and to optimize everyone's Group Fitness experience please remember the following:

-Please wait until the instructor from the previous class opens the studio door and lets you know the class is over before entering the studio,

-do not enter a class if you are more than 10 minutes late,

-turn your cell phones off,

-children under the age of 13, who have not completed the YGFP, are only permitted in family programming classes,

-keep conversations to a minimum,

-be considerate of other member's exercise space,

-remember personal hygiene and refrain from wearing excessive perfume or cologne

-save your feedback and suggestions for the instructor until the end of class.

Thank you for your cooperation.



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