



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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