

Attention

Group Exercise Participants:

*In order to participant in a group exercise class, the following **policies** and **procedures** are expected:*

1. If you are LATE to a group exercise class and you miss the warm-up the instructor will ask you to leave! **Please be ON-TIME or you cannot participate in the class!!**
2. All Belongings must be placed in a locker! Bags or belongings are **prohibited** in the studios!
3. Workout attire must fully cover the mid-section. Proper athletic shoes required for all group exercises excluding mind body and aqua.
4. No cell phones, iPods, or other distracting devices allowed during class!!
5. Three participants are required to conduct a class. Schedule is subject to change based on participation. You must be 16 or older to participant in a group exercise class!
6. All group exercise classes are subject to cancellation for University holidays, emergencies, or weather restrictions.
7. **SPIN RULES:**
 - a. In order to take a SPIN class, you must sign up **30 minutes** before class starts!
 - b. A towel and a water bottle are required to ride.
 - c. **YOU MUST BE ON YOUR BIKE 5 MINUTES BEFORE CLASS STARTS IN ORDER TO RIDE!**
 - d. Please wipe down your bike as well as the floor thoroughly after the class.

Thank you for your cooperation! Enjoy the class!

