

GROUP FITNESS

ETIQUETTE

We ask that you:

- Please arrive five minutes early and introduce yourself to the instructor if you are new to the class.
- Please do not leave the class before properly stretching and cooling down.
- Please do not enter a class already in session.
- Please refrain from having conversations during class.
- Please turn off all cell phones and pagers before entering class.
- Please refrain from going in and out of the studio, unless it is absolutely necessary, and only after you have informed the instructor that you are okay.
- Please use the locker rooms for all coats and personal items.

Thank you for your cooperation!