ALL FOR ONE
ONE FOR ALL

GROUP EXERCISE GUIDELINES

JOIN IN. Participants must be 12 years of age or over to participate in class.

RESPECT FOR ALL. Be considerate of instructor & classmates. Welcome new participants. Keep conversations appropriate to class.

BEAT THE CLOCK. Be on time or early for class. For safety reasons, participants must enter within 10 minutes* of class start.

CLEAN & TIDY. Wipe down mats & return all equipment to proper storage area after use.

HYDRATE. Drink only water in exercise room.

TURN IT DOWN. No cell phone usage during class.

COVER UP. For the comfort of everyone, please wear appropriate workout attire at all times:

- Shirts worn properly
- Closed-toe athletic shoes
- No bare feet, sandals or flip-flops
- No jeans or cutoffs
- Appropriate shorts, tights or pants

* Les Mills class participants may not enter after music begins.