

Fitness Class Etiquette

In order to ensure a safe, enjoyable class for all:

- Be respectful towards fellow patrons and staff and with equipment.
- Arrive on time for a class. Latecomers are not permitted 5 minutes past the class start time.
- Wear clean and appropriate athletic attire and closed-toed running shoes.
- Participate in the warm-up, cool down and stretch to help prevent injury. Each component of the class is equally important.
- Listen to your body and work at your own pace. Ask for help if needed.
- Refrain from taking videos and photos unless authorized.
- Sanitize equipment after use and return items to their proper place.
- Leave valuables at home or use designated spaces or locker provided at your own risk. Bags and personal items are not permitted on the classroom floor.

Review the PAR-Q+ annually or if the intensity of your exercise increases.

Thank you for following directions from staff and reporting any concerns.

