

# GROUP FITNESS GUIDELINES



**HEALTHWORKS**  
FITNESS  
A SERVICE OF SHARE FOUNDATION

We strive to bring you the most current classes in the fitness industry. Our trained and certified staff will do everything possible to meet your needs and exceed your expectations.

**We ask that you carefully read this information and follow all guidelines.**

- As a courtesy to our instructors and the other class participants, please turn all cell phones TO SILENT before entering class.
- **Please arrive early** for class in order to set up steps, bikes, equipment, mats, etc. If you are more than 15 minutes late, we encourage you to please attend the next available class.
- In order to AVOID INJURY AND TO AID IN RECOVERY, we ask that you include both warm-up and cool-down in your workout. Leaving class before cool down and stretching is not recommended.
- As a courtesy to other class participants, please wait in the hallway for the next class. Most members are uncomfortable with spectators in the studio.
- Please wear clothing/shoes appropriate for the class. Street shoes are NOT allowed. The following are recommended, but not required:
  - RPM:** Bike shorts or yoga pants, cycling shoes with SPD compatible clips, or tennis shoes with the strings tucked in.
  - Yoga/Pilates:** Snug-fitting tops and pants such as yoga pants or jogging pants. Shoes AND socks are not worn in the classes.
  - Others:** Athletic wear and athletic shoes.
- In an effort to extend the life of our studios, we ask that **no food or drink other than bottled water** be brought into the studios.
- All **electronic equipment** is intended for instructor use only.
- The **studios are specifically for scheduled classes and/or programs**; any other use of the studios must be approved by and scheduled through the Group Fitness Coordinator.
- **Children ages 13-14** may participate in group fitness classes with a parent/guardian 18 or older. **Ages 15** and up may participate without adult supervision.
- HFC is not responsible for any personal items that may become lost, damaged, or stolen. Any items left at the end of the day can be claimed in Lost and Found at the Front Desk.
- In order to prolong the life of our equipment and for sanitation purposes, we require all class participants **to clean and disinfect equipment after use**. Paper towels and sanitizing wipes are provided in each studio.

***We encourage you to try each class with an open mind, considering that all instructors have different personalities, but the same personal goals for you in mind.***

If you have further inquires, please see the Group Fitness Coordinator.