

# GROUP EXERCISE RULES AND REGULATIONS

## GENERAL

- Group Exercise classes are included in membership.
- Adhering to the recommended capacity for the studios ensures each member a safe, effective and enjoyable group fitness experience. Please be courteous and allow for appropriate distance between yourself and others. The instructor has the right to deny entrance into a class to avoid over-crowding and un-safe conditions. Recommended studio capacity is: Group Fitness– 40, Cycling– 20, Mind & Body– 20

## POLICIES & SAFETY

- When possible, the studio will be open 15 minutes before the start of class.
- Studio doors close once the class begins. Please do not enter a class in progress.
- Return all equipment to its proper place to help us keep the room organized.
- Please clean your equipment and mats before putting them away.
- Use of personal electronic devices and cellphones are not permitted in any class at any time.
- Refrain from consumption of food while in the group fitness studios. Water and sports drinks, in sealable containers, are permitted.
- For safety reasons, please stow your personal items, bags, purses and coats in a locker or a cubby. Carle Health & Fitness Center is not responsible for lost, stolen or damaged property.
- Keep studios and walk ways clear of all tripping hazards.
- Report any unsafe conditions or malfunctioning equipment to the Member Service desk.

## MEMBERS

- Be courteous to other members in all interactions. Please refrain from using profanity, inappropriate actions or conversations that could be construed as aggressive or negative in nature.
- Proper athletic attire, including rubber soled, closed toe shoes, must be worn during classes that require footwear. Yoga and Pilates classes do not require footwear during the class.
- Clothing that allows excessive exposure of skin or obscene suggestions is not permitted.
- Carle Health & Fitness Center reserves the right to refuse service to any member who violates any of the rules and regulations or behaves in a way inconsistent with the Center culture.

## Risk of Use

All members and guests are exercising at their own risk. Carle Health & Fitness Center is not responsible for any pre-existing conditions or injuries, or injuries sustained while using the facility. Participants are strongly encouraged to obtain physician clearance before beginning an exercise program.