**Group Exercise Studio Area Usage Guidelines and Policies**

* Instruction or guidance from a fitness professional is recommended before embarking on a fitness program. We recommend that you schedule a fitness assessment with a LIFT exercise specialist before engaging in exercise. If you have a health condition that would compromise your ability to participate in exercise, please see the instructor before participating.
* If for any reason, you experience difficulty during class, such as dizziness, shortness of breath, experience an injury, feel faint, etc., please cease exercising and let the instructor know of your difficulties. That individual will assist you in receiving the appropriate attention, including, if necessary, initiating the center’s emergency response system by using the nearest phone to contact the front desk who will contact emergency medical providers.
* In the event of a sudden cardiac event, an AED is located just outside of Studio 1.
* We ask that all group exercise participants attending group exercise classes be in the classroom and in position to begin the class at the starting time identified on the group fitness schedule. Participants who arrive late should warm up prior to entering the class, and when entering the classroom, move to the back of the class so as not to disturb other participants.
* The instructor is there to provide instruction, motivation, and most importantly to provide a safe environment for exercising. We ask that during class, you listen to the instructor and abide by the instructions and counsel given.
* Children under the age of 13 are not allowed in group exercise studio. Members ages 13-15 must be accompanied by an adult (within arms’ reach) at all times unless the child has completed the Youth Exercise Safety course. Those who have completed the course should wear their Y.E.S. lanyard when using the facility.
* Food and drink are not allowed in the fitness area. Only water and sports drinks are allowed.
* Please use the provided anti-bacterial wipes or spray to clean equipment after each use.
* Please do not stow gym bags on the studio floor. Please secure all personal items in a rental or daily locker or a cubby.
* LIFT reserves the right to cancel any class that averages less than 6 participants on a daily basis for a period of 30 days.