



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

ETIQUETTES & POLICIES

We know firsthand how difficult it can be to find balance in life. That's why we're here every day, making sure that all people have the resources and support needed to learn, grow and thrive.

- Please be on time to get a full & effective workout. Arriving late can be disruptive to class.
- Reserving places are not permitted.
- Some classes require a priority card and/or use of a sign in sheet which are available 1-hour before class & can be obtained at the Welcome Center.
- Children must be 12 years or older to participate unless noted in the schedule. Children under the age are not allowed to "sit & observe" classes in the Multi-Purpose Rooms.
- Please follow the instructor's format; modifications are provided for different fitness levels.
- Inform instructor if leaving early; exit quietly.
- Wipe off bikes after use. Bikes are only to be moved by designated staff.
- Beverages must be in plastic sealable containers. No gum or food permitted.
- Cell phones must be turned off or set to "silent". No texting or headphones in class.
- Excessive use of cologne, perfume, etc., is not permitted.
- Please be aware of the speakers & position yourself appropriately (music volume is louder closer to the speakers).
- Limit your conversations in class; it is disruptive for other members.
- All equipment should be returned to the proper storage area.
- Bring your own work out towel and/or mind/body mat. No open-toed shoes, sling backs or flip flops. Street clothes, including denim material & vinyl suits are not permitted.
- Do not enter the class while another is in progress. Honor the transition time between classes; Doors will be opened by staff at the end of scheduled class.
- Class design may be temporarily formatted differently to accommodate instructor subbing.
- All classes & instructors are subject to change without prior notice.

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