

GROUP FITNESS CLASS PARTICIPATION GUIDELINES

- *Regularly scheduled Group Fitness Classes are included in your membership.**
- *Members 14 years of age and older are welcome in Group Fitness Classes.**
Members 12-13 years of age are permitted to participate with a guardian, under guardian's supervision, as long as a doctor's note/release is provided that states there is a medical need.
- *Proper exercise attire and athletic shoes are required in order to participate in class.**
- *Participants may not enter after the warm-up portion of class has ended.**
- *Before class, please let the instructor know about any health condition and/or injury that you may have.**
- *Please turn off your cell phone or have it on vibrate during class. If you need to make a phone call, answer a call or have a text conversation, please do so in the hallway. Please do not take pictures/videos in class, without the MAFC's expressed permission.**
- *Please be courteous and aware of those around you. No one has a designated spot.**
- *Work at your own pace.**
- *Sharing is caring. Please help your fellow participants.**
- *Please be respectful of the class and the instructor.**
- *Please do not hold lengthy conversations during class instruction - it is inconsiderate to other class participants as well as the instructor.**
- *Participants are asked to follow the instructor's routine. It is disruptive to do your own routine.**
- *If you need help, please don't hesitate to ask!**
- *Studios are for Group Fitness Classes, not individual use.**
- *All participants are expected to clean equipment after they are finished with it (cycle, mat, ball, etc).**
- *Very popular classes may fill quickly. MAFC may impose registration procedures for these classes.**
- *There needs to be at least two members present for class to be conducted.**
- *Members are expected to abide by the MAFC Code of Conduct.**
- *HAVE FUN! You get out of it what you put into it!**

*****Thank you for participating in the Group Fitness Classes!!!*****