

## **AEROBIC STUDIO POLICIES & GUIDELINES**

- To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others.
- Please arrive a few minutes prior to class to meet instructor and get any equipment needed for fitness classes.
- Please turn off all cell phones and pagers.
- Please return any equipment used during class back to appropriate rack.
- Please pick up your personal belongings prior to leaving.
- No food or beverages allowed in the fitness area (except bottled water).
- Please wear the proper attire (no cut off shorts or sandals, shirts and shoes must be worn at all times).
- Please notify the instructor in advance if you have special needs or requirements.
- Children under the age of 12 are not allowed in the aerobic studio. Children 12 years+ are unrestricted in the aerobic room.

**Registration is required for all land studio fitness classes for all participants.**