

Proper Group Fitness Etiquette

1. **Be on time!!!**
 - **If you have to leave early, please stay towards the back.**
 - **If you are more than 5 minutes late... Please come back another day!**
2. **Please DO NOT talk or laugh during class. It is disrespectful and disruptive to the instructor and participants!**
3. **Please wear clean gym shoes.**
4. **Make sure to wear appropriate athletic apparel.**
5. **Please put back any equipment you used during class.**
 - **Untie rubber bands**
 - **Place weights in rack or cabinet neatly**
 - **Stack steps and risers in storage closet**
 - **Place Exercise balls and Bosu balls in appropriate area**
6. **Please dispose of trash in appropriate receptacles.**
7. **Let the instructor know of any hazards to participants OR the class. Such as; spills, broken equipment, etc.**
8. **Personal belongings should be kept by the bleachers or in the lockers near the main entrance. (Keys and panther card are acceptable)**
9. **Please be respectful to ALL of the instructors and participants of the class!**
10. **Have fun!!!**

❖ **Your suggestions are important to us! Please fill out a Group Fitness Evaluation form so we can continue to improve our program!!!**