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!!!