

Group Fitness Guidelines

Updated January 2017.

- All fitness levels are welcome.
- Please inform your instructor if you are new to exercise, pregnant or have any pre-existing injuries.
- Tickets for classes must be collected more than FIVE minutes prior to class starting times as places will cease to be allocated after this time.
- No entry is allowed into any class once the music has started or without a ticket.
- Spaces in classes cannot be reserved; each participant must have and present a ticket on request. Tickets are available from Customer Service or the Group Fitness Kiosk.
- Aqua classes must arrive TEN minutes prior to class starting times.
- Warm up and cool down are vital components of the class. If you must leave early, please inform the instructor.
- Minimum age of 13 year for all group fitness classes, except BodyPump which is a minimum age of 16 years.
- Please use shelving provided to store personal belongings.
- Appropriate clothing and footwear is required at all times.
- Please bring your own water bottle and towel.
- For the comfort of others, please ensure personal hygiene is maintained and equipment is wiped down when finished.
- Follow staff instructions at all times
- Classes are subject to change without notification.
- Do NOT drop weights/equipment.