

Studio 1 - Group Fitness Etiquette

All fitness levels are welcome. Classes are subject to change without notification.

1. Please inform your instructor if you are new to exercise, pregnant or have any pre-existing injuries. Please arrive 10 minutes prior to class to advise the instructor of the above.
2. Warm up and cool down are vital components of the class. If you must leave early, please inform the instructor at the beginning of the class.
3. Please ensure you arrive to class 5-10 minutes before starting times as space in classes cannot be reserved.
4. In respect to other participants, staff have the right to refuse entry to any late comers, please do not enter the studio once the music has started or instructed otherwise by the instructor.
5. Children are not permitted in the studios while a class is in progress.
6. Class tickets are to be collected from Customer Service or the Group Fitness Kiosk FIVE (5) minutes prior to class starting times as places will cease to be allocated after this time.
7. Each participant must hold on to their ticket and present the ticket on request by the instructor.
8. Participants must be a minimum of 13 years of age to participate in Group Fitness classes, with the exception of BodyPump requiring the minimum age to be a minimum of 16 years.
9. Please use pigeon holes provided to store personal belongings. Lock away your valuables in lockers provided in the change areas.
10. Appropriate clothing and footwear is required at all times.
11. Bring along a drink bottle and have regular breaks to stay hydrated.
12. Fans are to be operated under the discretion of instructors.
13. For the safety of you and others, be attentive and turn off mobile phones during class times.
14. Please carry and use a sweat towel. Small towels can be purchased at Customer Service. For the comfort of others, please ensure personal hygiene is maintained. Sanitised wipes are provided to be used in wiping down your mats and equipment.
15. Follow staff instructions at all times. Abusive language and behaviour displayed to other patrons or staff will not be tolerated. Management and staff reserve the right to refuse entry and evict.
16. In respect to other users and instructors please limit your conversations during class times. Staff reserve the right to ask you to leave the class if conversations continue.
17. Do NOT drop weights/equipment.
18. For the safety of all users DO NOT put equipment away during class times unless notified by your instructor. Under no circumstances are weights to be packed away whilst patrons are laying on the floor.

Studio 2 - Group Fitness Etiquette

All fitness levels are welcome. Classes are subject to change without notification.

1. Please inform your instructor if you are new to exercise, pregnant or have any pre-existing injuries. Please arrive 10 minutes prior to class to advise the instructor of the above.
2. Warm up and cool down are vital components of the class. If you must leave early, please inform the instructor at the beginning of the class.
3. Please ensure you arrive to class 5-10 minutes before starting times as space in classes cannot be reserved.
4. In respect to other participants, staff have the right to refuse entry to any late comers, please do not enter the studio once the music has started or instructed otherwise by the instructor.
5. Children are not permitted in the studios while a class is in progress.
6. Class tickets are to be collected from Customer Service or the Group Fitness Kiosk FIVE (5) minutes prior to class starting times as places will cease to be allocated after this time.
7. Each participant must hold on to their ticket to present on request by the instructor or place in the box provided for Virtual sessions.
8. Participants must be a minimum of 13 years of age to participate in RPM, Stages Flight and Virtual Flight classes.
9. Please use pigeon holes provided to store personal belongings. Lock away your valuables in lockers provided in the change areas. Please DO NOT leave items next to bikes.
10. Appropriate clothing and footwear is required at all times.
11. Bring along a drink bottle and have regular breaks to stay hydrated.
12. Fans are to be operated under the discretion of instructors.
13. For the safety of you and others, be attentive and turn off mobile phones during class times.
14. Please carry and use a sweat towel. Small towels can be purchased at Customer Service. For the comfort of others, please ensure personal hygiene is maintained. Sanitised wipes are provided to be used in wiping down your bike and if needed the floor around your bike after each session.
15. Follow staff instructions at all times. Abusive language and behaviour displayed to other patrons or staff will not be tolerated. Management and staff reserve the right to refuse entry and evict.
16. In respect to other users and instructors please limit your conversations during class times. Staff reserve the right to ask you to leave the class if conversations continue.
17. At the conclusion of each class please reset the bike ready for the next class.

Studio 3 - Group Fitness Etiquette

All fitness levels are welcome. Classes are subject to change without notification.

1. Please inform your instructor if you are new to exercise, pregnant or have any pre-existing injuries. Please arrive 10 minutes prior to class to advise the instructor of the above.

2. Warm up and cool down are vital components of the class. If you must leave early, please inform the instructor at the beginning of the class.

3. Please ensure you arrive to class 5-10 minutes before starting times as space in classes cannot be reserved.

4. In respect to other participants, staff have the right to refuse entry to any late comers, please do not enter the studio once the music has started or instructed otherwise by the instructor.

5. Children are not permitted in the studios while a class is in progress.

6. Class tickets are to be collected from Customer Service or the Group Fitness Kiosk FIVE (5) minutes prior to class starting times as places will cease to be allocated after this time.

7. Each participant must hold on to their ticket and present the ticket on request by the instructor.

8. Participants must be a minimum of 13 years of age to participate in Group Fitness classes, with the exception of BodyPump requiring the minimum age to be a minimum of 16 years.

9. Please use pigeon holes provided to store personal belongings. Lock away your valuables in lockers provided in the change areas.

10. Appropriate clothing and footwear is required at all times.

11. Bring along a drink bottle and have regular breaks to stay hydrated.

12. Fans are to be operated under the discretion of instructors.

13. For the safety of you and others, be attentive and turn off mobile phones during class times.

14. Please carry and use a sweat towel. Small towels can be purchased at Customer Service. For the comfort of others, please ensure personal hygiene is maintained. Sanitised wipes are provided to be used in wiping down your mats and equipment.

15. Follow staff instructions at all times. Abusive language and behaviour displayed to other patrons or staff will not be tolerated. Management and staff reserve the right to refuse entry and evict.

16. In respect to other users and instructors please limit your conversations during class times. Staff reserve the right to ask you to leave the class if conversations continue.

17. Do NOT drop weights/equipment.

18. For the safety of all users DO NOT put equipment away during class times unless notified by your instructor. Under no circumstances are weights to be packed away whilst patrons are laying on the floor.

Aqua - Group Fitness Etiquette

All fitness levels are welcome. Classes and lane availability are subject to change without notification.

1. Please inform your instructor if you are new to exercise, pregnant or have any pre-existing injuries. Please arrive 10 minutes prior to class to advise the instructor of the above.
2. Warm up and cool down are vital components of the class. If you must leave early, please inform the instructor at the beginning of the class.
3. Please ensure you arrive to class 10 minutes before starting times as space in classes cannot be reserved.
4. In respect to other participants, staff have the right to refuse entry to any late comers, please do not enter the water once the music has started or instructed otherwise by the instructor.
5. Class tickets are to be collected from Customer Service or the Group Fitness Kiosk TEN (10) minutes prior to class starting times as places will cease to be allocated after this time.
6. Class tickets are to be placed in the bucket provided on request by the instructor.
7. Participants must be a minimum of 13 years of age to participate in Group Fitness Aqua classes.
8. Please use Pidgeon holes provided to store personal belongings. Lock away your valuables in lockers provided in the change areas. Please DO NOT leave items on the pool deck.
9. Appropriate bathing attire is required at all times.
10. Bring along a drink bottle and have regular breaks to stay hydrated.
11. Please be wary of and respect all of other pool hall users and staff.
12. Follow staff instructions at all times. Abusive language and behaviour displayed to other patrons or staff will not be tolerated. Management and staff reserve the right to refuse entry and evict.
13. In respect to other users and instructors please limit your conversations during class times. Staff reserve the right to ask you to leave the class if conversations continue.

Virtual Flight Guide

To ensure a positive experience for everyone please follow **Studio 2 Guidelines** and the below conditions before commencing a **Virtual Flight Session**.

1. Virtual sessions are different to our usual "LIVE" instructor lead classes whereas they are not supervised by a member of staff. They are scheduled to commence automatically according to the Group Fitness timetable. Please see our information on "What to do when participating in a Virtual session" available on our website and in Studio 2.
2. By participating in Virtual sessions, you are doing so at your own risk and are responsible for your own health and safety.
3. We do not recommend you attend a Virtual session if you are new to exercise, pregnant or have any pre-existing injuries.
4. It is recommended you are **a)** medically and physically fit and able to attend a Virtual session **b)** not a danger to yourself or to the health and safety of others; and **c)** not presently receiving treatment for any condition, illness, disorder or injury which would render it unsafe for you to use the facilities which would put other users of the facilities at risk.
5. We recommend you attend a minimum of three (3) "LIVE" instructor lead Stages Flight classes prior to attending a Virtual session to ensure you have a good understanding of bike set up, technique and knowledge of the Stages Flight program.
6. Ideally you will have a Stages Flight profile set with your own individual FTP (Functional Threshold Power) to take part in a Virtual session.
7. You will be required to register your attendance at Customer Service on arrival by collecting a ticket receipt before attending a Virtual session.
8. The projector screen is used for Virtual session and should already be down prior to session starting times and the session should commence automatically. If this is not the case, please see Customer Service for assistance.
9. The iPad found on the wall is for the use of session bookings only and must be used accordingly.
10. Fan and light switches are labelled in each studio and can be used where necessary.
11. An SOS alarm button is to be used in the case of an emergency, this can be found on the wall next to the light switches.
12. Emergency evacuation and first aid signs are found in the communication hub in Studio 2.