

## **Group Fitness Room Guidelines**

1. All equipment must remain in the group fitness room unless permission has been granted from the facility assistant or a supervisor on duty.
2. Patrons are encouraged to use the cubbies located in the Group Fitness Room to store personal belongings during class. However, FitRec strongly suggests that patrons secure their belongings in the locker room using daily locks. Daily locks may be checked out at the Beaman Information Desk.
3. Non-marking athletic shoes are required in the group fitness room, with the exception of those participating in specialized activities for which shoes are removed.
4. Any person wishing to use the group fitness room, outside FitRec and Belmont sponsored classes, must provide their own source of clean, appropriate music. A boombox has been provided.
5. No food, glass bottles or canned drinks are allowed in the Group Fitness Room. Patrons can carry liquid in the Group Fitness Room in a closed top bottle.
6. Use of spin bikes is prohibited without an instructor present.
7. During open recreation times, the group fitness room is available for use by all participants on a drop in basis. Participants are expected to follow all guidelines and are not allowed to monopolize the room with any activity.

## **Group Exercise Guidelines**

1. Patrons are required to scan their card at the group fitness computer before attending a class.
2. In order to get a sufficient warm up before class, participants are highly encouraged to arrive to class on time. Late participants may be denied entry to the class, at the instructor's discretion.
3. Classes are a group activity. Please follow the instructor's directions and be considerate of other participants.
4. A doctor's clearance is recommended prior to beginning any exercise program.
5. Water is highly recommended and participants are encouraged to regularly monitor their own workout intensity and take water breaks as needed.