



Group Exercise Attendee Policy

- 1) All group exercise classes are designed and available for all levels of fitness and experience.
- 2) Please inform your instructor of any limitations or concerns that you may have prior to the start of the class.
- 3) Please arrive on time for class, and cancel class reservations you cannot attend by notifying the membership desk.
- 4) Most group exercise classes are offered on a first come first serve basis. AWT Core Strength, Body Pump, all Cycling and Yoga (excluding Senior Yoga) can be reserved at membership desk up to 3 days in advance because of equipment limitations. All attendees must stop at the membership desk prior to class start time to pick up your numbered pass.
- 5) A reservation only guarantees your spot until the start of the class.
- 6) Unreserved spots may be filled from members stopping at the membership desk during the check-in process.
- 7) At check-in, you will receive a numbered pass. Your instructor will collect it from you at your workstation.
- 8) Members must sign-in to the roster book outside Studio A, inside Studio B, in the gym court, or in the Strength & Conditioning Center. Please write your name next to the corresponding number of your numbered pass.
- 9) There is still a drop-in charge for TRX Express, Tread & Shred, Prenatal Yoga, Baby & Me Yoga, and Delay the Disease, which are small group training classes. You can reserve your spot for the entire session during open registration or for a single class up to 3 days in advance. You may also use a punch card or green drop-in pass. One punch/pass required for TRX, Prenatal Yoga, Baby & Me Yoga, and Delay the Disease; 2 punches/passes are required for Tread & Shred.
- 10) Proper footwear must be worn. Clean, closed toe, supportive athletic shoes are recommended. There are shoe trays outside the studio and gym for street shoes that are soiled.
- 11) A water bottle and towel are permitted and encouraged.
- 12) Water should be in a closed, spill proof container. No open containers, soft drinks, gum or snacks of any kind are permitted.
- 13) Cell phone use is only in case of emergencies. Please silence all electronic devices.

Questions? Contact Kathy Hensler, Healthy Living Director: khensler@bcfymca.org | x226



Commonly Asked Questions

How are group exercise classes monitored?

Entrance to group ex is on a first come, first serve basis.

Can I reserve a spot for classes?

Yes! It is suggested that you reserve a spot, up to 3 days in advance. Only the following classes require a reservation: Body Pump, AWT Core, all Cycle, and all Yoga (except Senior Yoga). You can also guarantee a spot in our small group training classes: TRX, Tread & Shred, and Delay the Disease during open registration or by calling up to 3 days in advance.

How soon in advance can I register?

You can reserve your spot 3 days prior to class start day in-person or by calling the membership desk.

Is there a fee for any classes?

Yes. TRX Express, Tread & Shred, Prenatal Yoga, Baby & Me Yoga, and Delay the Disease (any Small Group Training classes).

What is the class check-in process?

All members must stop at the membership desk and receive a numbered pass. This pass should be made visible to the instructor at their work station.

If the class reservation list is full, will I be put on a waitlist?

There will not be a waitlist prior to class day. On the day of the class, you may add your name to a waitlist that will be generated outside of the class location. If a participant who reserved a spot does not show up, the instructor will invite those on the waitlist to join the class.

What if I cannot attend a class?

Out of courtesy to allow others to attend classes, it is imperative that you cancel your reservation if you cannot attend a class.

Can I enter as a walk in?

Yes! Due to limited amount of bikes, space, and/or equipment it is important that class rosters are maintained at the membership desk. If there are any empty spots in the class, you can stop at the membership desk and get a pass to attend the class.

Can I reserve places in line for friends?

Places in line cannot be reserved for friends.

Questions? Contact Kathy Hensler, Healthy Living Director: khensler@bcfymca.org | x226