



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) Most group exercise classes are offered on a first come first serve basis. AWT Core Strength, Body Pump, Cycling, Yoga (excluding Senior Yoga) and TRX 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.
- 4) Please arrive on time for class, and cancel class reservations you cannot attend by notifying the membership desk.
- 5) A reservation only guarantees your spot until the start of the class. Empty spots may be filled from members waiting at the membership desk during the check-in process.
- 6) At check-in, you will receive a numbered pass. Your instructor will collect it from you at your workstation.
- 7) 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.
- 8) There is still a drop-in charge for all Small Group Training Programs. You can reserve your spot for the entire session during open registration or for a single class up to 3 days in advance.
- 9) 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.
- 10) A water bottle and towel are permitted and encouraged.
- 11) Water should be in a closed, spill proof container. No open containers, soft drinks, gum or snacks of any kind are permitted.
- 12) 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 all of our Small Group Training Programs 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; Small Group Training Programs have a registration/drop-in fee.

What is the class check-in process?

All members will receive a numbered pass. If someone does not show up for class by the time the class is scheduled to start, membership will give out additional class passes to members on a first come first serve basis.

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.

Updated: 1/31/19

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