Group Fitness Policies

1. Fitness Class fees must be paid and PAR-Q form completed prior to participating in group fitness classes.

2. **Everyone must sign in and present a Mount Student or Employee ID, ARCC Member ID, or Driver’s License** to the Facility Assistant stationed outside of the Group Exercise or Spin Studio. You must have some form of picture ID to present when attending every class.

3. The fitness studio doors will open **15 minutes** prior to the start of class with the exception of those classes that are scheduled back-to-back.

4. Sign-in for the fitness classes will begin **15 minutes** prior to class on a first come-first serve basis. If taking back-to-back classes, participant may sign-in for both classes when signing in for the first class.

5. Participants must be physically present to sign-in. No reserving spots/space for a friend.

6. If you have any medical conditions or injuries that may affect your participation and require modifications, please inform the instructor prior to the start of class.

7. If you are feeling faint or ill, please stop the exercise, sit down, and inform someone in the room. Do not leave the room by yourself.

8. Be sure to wear proper exercise attire and non-marring sneakers to the class. Stiff-soled sneakers or cycling shoes are recommended for Spin.

9. Bringing your own personal sweat towel is strongly encouraged.

10. Water is highly recommended in a tightly sealed container. No other beverages or food allowed.

11. Always be respectful to other participants and the instructor. Please silence cell phones & limit personal conversations.

12. If you must leave early, please put all equipment away quietly. Be sure to inform the instructor prior to the start of class.

**NOTE:** Minimum age for participation in Group Fitness Classes is 13. However, these individuals must be supervised by an adult 18 years or older who is participating in the same class.