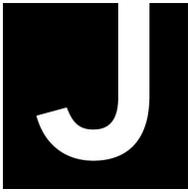


GROUP X ROOM & CLASS POLICIES



The following policies regarding the use of the JCC Group X room are geared towards keeping everyone safe and ensuring a clean, accessible, FUN, and healthy atmosphere for **ALL** members and guests.

- **The Iron Rule:** Treat others how you would like to be treated!
- Arrive to class **ON TIME!** Tardiness causes distractions to not just the instructor but also to the class attendees. If you know you are going to be late, please remove yourself from the class roster and take the opportunity to utilize the Fitness Center equipment.
- Please do **NOT** enter the group X room until the class before has cleaned up and left the room. Each class has **15 minutes** prior to class start time to enter, gather your equipment, and get prepared for class.
- Most classes require registration. The instructor will take attendance at the beginning of each class and if you are not registered and the class is full, you may be asked to leave.
- **Failure to arrive 5 minutes prior to class** start time may result in your spot being given to a waitlisted person.
- Carrying on a conversation with another member during class is rude and disrespectful to everyone in the room, especially the instructor. This will **NOT** be tolerated and if it becomes a regular occurrence, you may be asked to leave the class and suffer a possible suspension from the class.
- **NO** food or drinks are allowed in the Group X room except for water bottles.
- Don't be an equipment hog. It's easy to run short on equipment when class is crowded.
- Please return your weights, mats, benches, etc to their proper places and **ALWAYS** wipe down equipment with the disinfectant and paper towels provided. Do so in a timely manner to allow the next class participants time to enter and prepare.
- Proper attire is a must! And protect your tootsies; closed-toed athletic shoes **ONLY** (No, crocs are not close-toed shoes.)
- During winter months and rainy days, **please bring a dry pair of shoes.** The fitness staff may deny access to the Fitness Center and Group X room if you do not have a dry pair of shoes.
- No roadblocks. Store your personal belongings out of the way of others. Lockers and cubbies are available.
- If you're new, welcome to the JCC! Please come early and take a few minutes before class to introduce yourself to the instructor.
- **MUST** be 13 years or older to take a class. (Anyone under 13 years of age must have approval of both the instructor and the Wellness Manager).

The JCC fitness staff will enforce all Fitness Center rules!