Program Policy

1) All classes are first come, first serve.
2) For your safety and comfort, headcount will be strictly enforced (ADULT Group Fitness Classes are limited to 15 students).
3) All participants must sign a waiver.
4) For your safety, students must wear proper sneakers.
5) For your safety, only water bottles are allowed in the fitness room. Please do not bring beverages that contain sugar or syrup, as they will damage the flooring.
6) Students are allowed a 5-minute grace period. For your safety and others, there will be no exceptions for tardiness.
7) Confirmation of registration will be provided by email.
8) There will be no refunds unless there is a medical or family emergency.
9) Make-up is always welcome within the same session. We do not have rollover classes. What does this mean?
   Let’s say you purchase a 6-Week package on Tuesday nights and cannot attend. You are more than welcome to make-up a class (or two) another night. As long as there is room, you are welcome to attend...FOR ANY CLASS. This said, you are to understand that all classes are different, progressive, and comprehensive; therefore there will be a learning curve.
10) In respect to your classmates:
   A) Please turn cellular phones off during class
   B) Please keep personal conversations outside of the classroom
   C) Please do not wear perfume
   D) PLEASE DO NOT ATTEND CLASS WHEN SICK

Definitions:
**Session:** A session is 6-Weeks long

**Classes:** When you purchase a class you are purchasing your attendance for one class a week within a session HOWEVER make-up is always welcome. To add, if you have a sudden BURST of energy, you are MORE THAN WELCOME to attend as many classes within a week (assuming there is space available). For example, you purchased a 6-Week Package and you are able to attend three classes in one week. This will leave you with five weeks to go in the session and only three class credit. The good news is, you can purchase another 6-Class package and fulfill it within the same session (assuming there is space available).

**Unlimited Package:** This package buys you attendance to however many Group Fitness classes within a session. A great value and an excellent way to mix-up your fitness program!