

# Welcome Back!

## GROUP EXERCISE GUIDELINES

### Before taking a class:

- If you feel sick, please do NOT come to the club.
- All participants must pre-register to ensure group size. Please email [grouplexercise@waysideahtleticclub.com](mailto:grouplexercise@waysideahtleticclub.com) on Sunday of each week. First come first served. Once space is filled you will be put on a waiting list.
- A confirmation email will be sent to confirm your space the day before scheduled class.
- You must cancel 24 hours prior to class time.
- There will be a \$20 fee charged to your account for no shows or late cancellations.
- Late arrivals for class will not be allowed to enter studio.

### When you arrive for class:

- Please arrive 5 minutes before the start of class. Late arrivals will not be allowed to enter and take a class.
- Please wait for the instructor to check you in and allow you into the studio workout space - **Please maintain social distance while waiting to be checked in.**
- Face coverings/masks may only be removed when you are in your designated workout space.
- You will need to remain in your designated workout space until your workout is complete. Workout spaces are clearly defined and mapped out on the floors of the studio.
- You are responsible for cleaning any equipment that you come in contact with before and after use.
- Once class has ended and all equipment has been put away, we ask you to exit the studio promptly to allow for any additional sanitizing procedures.
- Please bring your own water, towel, yoga mat, yoga blanket, yoga blocks. These items will not be provided. We have limited supply for sale.

