

Group Exercise

Registration Procedures:

TO REGISTER FOR GROUP EXERCISES CLASSES

- Please email grouplexercise@waysideathleticclub.com.
- Registration begins on Sundays at 8am for the upcoming week.
- A confirmation email will be sent to confirm your space 24 hours before class.
- There is a \$20 no show and late cancellation fee. To cancel your registration email grouplexercise@waysideathleticclub.com 24 hours prior to class. Do not call the front desk.
- You will be notified immediately if you are put on a waitlist.
- Please arrive 5 minutes before class for set up.
- Please wipe/sanitize all equipment before and after use.
- Please bring your own water, towel, mat. You may bring your own dumbbells if you choose.
- Face coverings/masks are mandatory at all times while in the club.

Please follow these registration instructions when sending an email:

Subject Line – Class registration

Please include the following information In the body of email -

Your Name

Member Number

Class name/day/time



WAYSIDE
ATHLETIC CLUB