

## **Group Fitness**

### **What you need to know for your first class:**

1. Arrive at Pridham Hall 15min prior to the beginning of class
2. Check-in to class at reception and collect your ticket\*
3. Enter the class 5min before the class is due to commence to set up necessary equipment
4. Bring a towel to all classes
5. Shoes must be worn for all classes except Pilates and Yoga
6. If you are new or have an injury, please arrive early to advise the instructor prior to class commencing

\*Check-in can be done up to 2 hours before the class start time.

For safety reasons, participants will not be admitted into a class if they are more than 2 minutes late.

### **Group Fitness Cleanliness**

1. Sanitise your hands at the beginning and end of the class
2. Always maintain 1.5m social distancing, follow floor markers for set-up
3. Wipe down equipment before and after use
4. When possible bring your own equipment