

# WellWorks

A CHSP initiative

## GROUP FITNESS POLICIES:

- You must be a current member to attend classes.
- VISITORS must fill out a Visitor Waiver at the front desk BEFORE class. You will pay the visitor fee and obtain a Class Pass to turn in to the instructor to participate.
- You must sign in on the ipad for each class you attend.
- You may only sign in for yourself.
- Class size may be limited and is on a first come, first serve basis. No reserving a space for another person.
- Please be sure to wear appropriate footwear. (No open-toed shoes.)
- Please bring a water bottle and a towel.
- Please arrive a few minutes early. Many classes fill up 5-10 minutes before their starting times. (SPINNING/CYCLING: Please arrive 10 minutes early to correctly adjust your bike.)
- For your safety, you may not participate if you arrive more than 5 minutes after the class has begun. (You missed the warm up!)
- If you have an injury or other significant medical condition, please inform the instructor before class.
- Children are not permitted in class.
- Check Facebook for class changes/cancellation notices. (Facebook also feeds to the home page of our webpage.)