

GROUP FITNESS

STUDIO ETIQUETTE

- **NO SAVING SPACES FOR OTHER MEMBERS**

To maintain a welcoming and fair environment for all. Members are NOT ALLOWED to set up or reserve any equipment (or space) for other members, spouses, friends, guests, etc.

- **NO CHATTING / SIDE CONVERSATIONS DURING CLASS**

Cheers of encouragement and emphatic “Woo Hoos!” are always welcome, but please limit conversations during class as they are distracting both to the instructor as well as other participants.

- **TIMELINESS**

Be respectful and please be on time to class. If you are running late, please enter the studio without disrupting the class. **For safety purposes, late arrival is NOT allowed in any Aerial Yoga class.*



**Ascension
Genesys**
HEALTH CLUB