

GROUP FITNESS STUDIO ETIQUETTE

- 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.
- 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