



MAKE THE
COMEBACK

Fitness Class Etiquette

1. Classes must be pre-booked and will be time limited. If you arrive late, entry will be refused.
2. Be respectful of all other people in the facility and always adhere to physical distancing measures and one-way systems.
3. Arrive between 5-10 minutes before class. You will not be allowed entry after start time.
4. Visit reception and record your attendance. A ticket must be handed to your instructor.
5. Wear appropriate exercise clothing and training shoes. If in doubt about what to wear, please speak to your instructor.
6. Please do not enter a studio until instructed to do so by staff.
7. Advise your instructor if you are new to the class, have any injuries or medical conditions, prior to the class starting.
8. Please read the **Health Commitment Statement**.
9. Do not bring personal towels with you. Use hygiene wipes provided.
10. Switch off your mobile phone during class.
11. In an EVOLVE cycling series class do not keep your mobile on the bike.
12. No children are permitted to sit and watch in any class. Age guidelines can be sought from instructor.
13. Keep conversations to a minimum, if you need to talk, please respect others by talking quietly.
14. No chewing gum during class.
15. Do not bring personal belongings into the studio with you. Items left within the studio may be removed by staff and placed in lost property.
16. Be considerate of other members exercise space. Floor space and exercise bikes cannot be reserved, and it is a first come, first serve basis. Respect physical distancing to ensure the safety of our staff and other customers.
17. Please consider personal hygiene.
18. If coughing or sneezing, please do this into a clean tissue which is safely discarded into the bins provided. Alternatively, cough or sneeze into your elbow.
19. Wipe down equipment before and after use with the wipes provided.
20. Please read and be aware of our booking and cancellation policy. Failure to adhere to this policy may result in booking privileges removed i.e. booking a class and not attending.
21. Please follow the instructors' guidance. Modifications can be provided for all exercises.
22. If leaving feedback or seeking advice, please leave this until the class is finished.



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ELEVATE
FITNESS CLUB