

## **Class Sign-Up & Participation Policy:**

- Sign-up sheets are posted at the Reception Desk 15 minutes prior to each class start time.
- Classes are first come, first served (except Registered Programs).
- Members may only sign up for themselves.
- Members must sign up in person; no phone calls will be accepted (please plan your time accordingly).
- Guests may only attend IF there are still spaces available at the start-time (they must be prepared to wait until just a few minutes prior to class time, to find out if they will be admitted).
- Members must intend to participate in the ENTIRE class (for high demand classes - e.g. 11:30 am classes). We want to avoid members just using part of the class as a "warm-up" and then leaving partway through (e.g. bike class) while those who missed out would have participated in the entire class.
- Members and Guests must treat instructors respectfully and forward any concerns to Fitness Centre staff after class.
- Members must treat other participants respectfully. All participants deserve to enjoy the class, without inappropriate interruption, comments or actions from individuals.