

Group Fitness Guidelines

All fitness levels are welcome.

Please inform your instructor if you are new to exercise, pregnant or have any pre-existing injuries.

Tickets for classes must be collected more than FIVE minutes prior to class starting times as places will cease to be allocated after this time. No entry is allowed into any class once the music has started or without a ticket.

Spaces in classes cannot be reserved; each participant must have and present a ticket on request. Tickets are available from Customer Service or the Group Fitness Kiosk.

Aqua classes must arrive TEN minutes prior to class starting times.

Warm up and cool down are vital components of the class. If you must leave early, please inform the instructor.

Minimum age of 13 year for all group fitness classes, except BodyPump which is a minimum age of 16 years.

Please use shelving provided to store personal belongings.

Appropriate clothing and footwear is required at all times.

Please bring your own water bottle and towel.

For the comfort of others, please ensure personal hygiene is maintained and equipment is wiped down when finished.

Follow staff instructions at all times

Classes are subject to change without notification.

Do NOT drop weights/equipment.