



# GROUP EX GUIDELINES



## GOOD VIBES ONLY

BE KIND AND RESPECTFUL TO STAFF AND FELLOW MEMBERS.  
KEEP THINGS CLEAN – USE BINS AND DON'T LEAVE STUFF BEHIND.



## SAFETY FIRST

FOLLOW INSTRUCTOR GUIDANCE, STAY AWARE OF YOUR SURROUNDINGS, AND USE PROPER FORM AND EQUIPMENT. IF SOMETHING DOESN'T FEEL RIGHT—STOP AND ASK FOR HELP.



## NO PHONES IN CLASS

PLEASE SILENCE AND STORE YOUR PHONE TO MAINTAIN FOCUS AND RESPECT FOR OTHERS.



## AGE REQUIREMENT 14+

ALL PARTICIPANTS MUST BE AT LEAST 14 YEARS OLD TO ATTEND GROUP EXERCISE CLASSES.



## RESERVATIONS AND CANCELLATIONS

RESERVATIONS FOR ALL CLASSES ARE REQUIRED AND CAN BE MADE ON THE JCCOTP APP. CLASS CANCELLATIONS MUST BE MADE 1 HOUR BEFORE CLASS BEGINS.



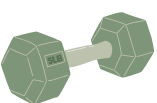
## ARRIVE EARLY

PLEASE ARRIVE AT LEAST 5 MINUTES BEFORE CLASS BEGINS.  
SPOTS MAY BE GIVEN TO WAITLISTED MEMBERS IF YOU'RE NOT PRESENT.



## LATE ARRIVALS

IF YOU ARRIVE BETWEEN 1-5 MINUTES LATE, ENTER QUIETLY AND RESPECTFULLY TO AVOID DISRUPTING THE CLASS. LATE ARRIVALS MORE THAN 5 MINUTES AFTER CLASS BEGINS WILL NOT BE ADMITTED FOR SAFETY REASONS.



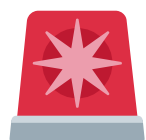
## RETURN EQUIPMENT

PLEASE RETURN ALL EQUIPMENT TO ITS PROPER PLACE AFTER CLASS.



## GUESTS

GUESTS MUST BE PRE-REGISTERED ONLINE. MAX 3 VISITS PER GUEST/YEAR.  
MEMBERS MUST ACCOMPANY THEIR GUESTS.



## JUST IN CASE

KNOW WHERE THE EXITS, FIRST AID, AND STAFF ARE. REPORT ISSUES RIGHT AWAY.

THANKS FOR BEING PART OF OUR COMMUNITY AND FOR DOING YOUR PART TO KEEP OUR  
CLASSES SAFE, WELCOMING, AND ENJOYABLE FOR ALL!

FOR QUESTIONS, PLEASE EMAIL [FITNESS@JCCOTP.ORG](mailto:FITNESS@JCCOTP.ORG) OR CALL 201.408.1472