group exercise participant policies

1. All Group X classes are designed and available for all levels of fitness and experience. Please inform your instructor of any limitations or concerns you may have, before the start of class.

2. All Group X classes are offered FREE of charge to all Student, FitWell, Platinum, and DayPass members. RecPass members may attend group X classes located in the Mackal–Tootell complex only.

3. Class registration is provided through IMLeagues.com (mobile app: IMLeagues) Registration for classes is made available at NOON, one day prior to the session date. Pre-registration is required of ALL participants in ALL group X classes.

4. Please arrive on time, and be sure to “drop” any class you have registered for but are unable to attend. Registration guarantees your spot only until the start of class, and empty spots will be filled from the waitlist. Repeated incidents of registering and not attending may result in the loss of pre-registration privilege.

5. Warm-up and cool-down are essential components of a safe and effective workout. For your safety, and to minimize class disruptions, plan on attending the entire class session.

6. Proper footwear must be worn. Clean, closed-toe, supportive athletic shoes are recommended. Bare or stocking feet only in the Mind/Body Studio. Street shoes, turf shoes with waffle bottoms or protrusions from the soles; and shoes suspected of marking the floors are not permitted in our studios.

7. Campus Rec dress code policy applies to all areas of our facility, including Group X studios.

8. Please use our locker facilities for personal items not being worn or used in class. A water bottle and towel are permitted and encouraged.

9. Cell phone use during class is distracting to others and strongly discouraged, except in case of emergency. Please silence and store electronic devices out of sight.

10. Water, in a closed, spill-proof container is the ONLY beverage allowed in our studios. Please, no open containers, soft drinks, energy or protein beverages, gum, or snacks of any kind.

11. Any incident or physical accident that may occur in a group fitness session MUST be reported with the Department of Campus Rec. Involved participants will be required to fill out an Incident/Accident report, which will be provided by a member of our Campus Rec Staff.