



Group Fitness Policies and Procedures

1. Must have a valid, scannable FGCU ID or be a member of the Fitness Center.
2. Sign in at front desk. Sign-up forms will be available one hour prior to class. No Exceptions!
3. Limit of 15 participants for step and spinning classes. Limit of 20 for all others. Alternate list is available but space is not guaranteed.
4. Must arrive on time for the start of class. 5-10 minutes early is recommended.
5. Appropriate workout attire is required; must wear shirt and tennis shoes.
6. Bring water to stay hydrated during class.
7. Participants should eat within one to two hours of the start of class.
8. No cell phone usage is allowed during class.