

GROUP FITNESS CLASS POLICIES

All group fitness classes on our Group Fitness Menu are INCLUDED IN YOUR MEMBERSHIP. You do not need to sign up, however *a class ticket is required to participate. Class tickets are available at the Front Desk up to one hour prior to class start time.* Members may pick up tickets for a maximum of two back-to-back classes at one time. After completion of second class, members may request additional class tickets (again for a maximum of two back-to-back classes). You may not request tickets for other members. Only one ticket per member/per class, please.

We also offer Pilates Reformer, Karate and Small Group Training classes. These classes are offered at an additional charge and require registration to participate. Please call either facility for details.

As with all fitness classes, please remember the following in order to ensure the best possible workout and consideration of others:

- ***For your safety, and for consideration and courtesy to others, please do NOT enter the studio more than 5 minutes after class has started.*** Four Seasons reserves the right to enforce this policy at all times.
- It's important to be on time. The warm up is important to avoid injuries. If you have never taken a particular class before, please arrive early and speak to the class instructor for additional information.
- Be courteous to other members and share the space. Please do not crowd a person who has arrived in class before you.
- Please keep conversation to a minimum. If you need assistance, please approach and ask the instructor.
- Please refrain from bringing food into the group fitness studios.
- Drinking water before, during and after the class is encouraged. Closed, unbreakable containers for water may be used. Drinking fountains are located in multiple locations through the facilities.
- In fairness to other members, please do not reserve places for other members or guests.
- Please refrain from doing your own routine during a class. The experienced instructors will provide a challenging and fun workout.
- Comfortable, layered clothing is appropriate for all group exercise classes. Supportive athletic shoes must be worn in classes that require footwear.
- All members are strongly encouraged to have a complete physical examination by a physician prior to beginning any program of strenuous activity. Anyone with a known medical condition (including pregnancy) should consult their physician prior to registering for a class.
- Teenagers 13-15 may participate in fitness classes with an adult member 18 years or older at Four Seasons I. Those 16 and older may participate without an adult.
- Members must attend a Begin to Spin workshop prior to attending a Spinning class. Please see the front desk for available dates and times.
- Do not wear street shoes on the hardwood floor.
- Turn off your cell phones before entering the studio.