



BE ON TIME!



PHONES OFF



GROUP FITNESS ETIQUETTE

- ◆ You must be on time to attend classes. 'If you arrive more than 5 minutes after class “start time” you will not be admitted. Admission is “first come first serve”. Plan to attend the entire class.
- ◆ Rings will be given out 15 minutes in advance. One Ring per participant provided for each entry. No saving places, equipment, or taking extra rings.
- ◆ Let your instructor know if you are new to a class or if you have limitations. Minimize conversations during workouts as it distracts others.
- ◆ Classes are designed for ages 16 +.
- ◆ We do not allow infants, toddlers, or children in our studios/pools during classes.
- ◆ Due to equipment, air handler capacity, fire code, and space limitations, our fitness classes may be limited.
- ◆ PLEASE No talking, distractions or cell phone use during classes.

GROUP FITNESS TERMS, CONDITIONS, LIABILITY RELEASE & WAIVER

I understand that my participation in Group Fitness activities is optional and it is my choice to enter the classes and activities at the Park Center. I further understand that there are NO refunds, credits or pass extensions. My tokens and passes are my responsibility and cannot be replaced by Murray City, The Park Center, or staff. In consideration of my accepting these terms, conditions, liability release, and waiver I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the above program, Center, its representatives, successors, and assigns. I am aware that there is a risk of injury in the participation of activities due to the inherent nature of the activities. Injuries such as but not limited to the following; sprains, fractures, heart attack, strokes, respiratory failures, neck, back, knee, ankle injuries and even death.