Group Fitness Ground Rules and Guidelines

The YMCA is based on Four Core Values: Honesty, Respect, Responsibility, and Caring. These ground rules and guidelines are here to help each member practice these core values so that every member can participate and enjoy all the YMCA has to offer.

We require all Group Fitness Instructors to be certified and well-trained. In conjunction with this philosophy, we strive to provide opportunities for our newer or less experienced instructors to learn and grow. Your respect and consideration in our efforts to provide these opportunities and to maintain these criteria is sincerely appreciated.

- Participants must be 14 years or older to attend any group exercise classes.
- The La Crosse Area Family YMCA makes no assessment of your health status in participating in any type of YMCA program or activity. Please consult your physician prior to beginning any type of exercise program.
- The attendance of each class will be monitored on a monthly basis. Please be aware that if a class does not maintain an average of at least 5 participants, it poses potential for changes or cancellations. Two weeks will be given notice of cancelled classes.
- Classes will always be taught no matter how many people show up to class or are signed up for class. Attendance will be monitored over a consistent period of time.
- All classes are subject to change due to instructor substitutions/availability, class attendance or if emergency situations arise. Class cancellation may occur in extreme situations and every effort will be made to avoid these circumstances.
- Anything that disturbs others or the instructor during class is not tolerated. Please keep talking to a minimum during class and refrain from using head phones while participating in a group fitness class. Please arrive early or on time for class; it is disruptive to interrupt a class once it has started.
- Please follow the instructors lead as they will always include modifications. All instructors are certified and trained to lead a safe and effective workout. It is disruptive to the instructor and other participants when you are engaged in your own workout during class.
- If you find it necessary to leave class early, please advise the instructor that you will be leaving early. Please exit the class in a manner that does not disturb the rest of the class. Most classes offer a cool down, stretching segment at the end of the class. If you leave before this section of class is completed, please ensure that you cool down and stretch out on your own, as this one of the most important and beneficial components of exercise allowing a safe recovery from your workout.
- The Fitness Studio and Cycling Studio will remain locked when classes are not in session and will open 10 minutes before class starts.
• Please place all bags, coats, extra shoes etc. in the locker room (locked) or on the shelving/hooks outside the fitness studio area. We would like to keep clutter down and provide as much space in the studio for exercises.

• Sign up is recommended for Group Cycling and for the Group Strength Training classes because of limited equipment. Sign up is located at the member services desk. Classes will resume no matter how many people are signed up. Priority is given to those that have signed up and are on time for class.

• If you are signed up for a Group Cycling or Group Strength Training class but arrive after the class has started, your bike/spot is no longer reserved for you. Please arrive for class a few minutes early so that you are prepared to start class on time.

• Street shoes are not allowed in the Fitness Studio or the Cycling Studio. During the winter months and bad weather conditions please bring a change of shoes so we are not tracking excess dirt, water, snow, etc.

• When completed with an exercise session please clean off the cycling bikes and mats with the “Simple Green” spray bottles and wipe them down with a cleaning towel. Also, please return any equipment used to the proper location before leaving the room. * Please wipe any sweat off the floor around you.