

Group Exercise Code of Conduct

- ⦿ Ensure you have read and understood the Health Commitment Statement
- ⦿ Arrive at least 5 minutes before the start of your class
- ⦿ Ensure you have registered your attendance by checking in
- ⦿ Avoid congregating in front of the studio doors before and after a class
- ⦿ Ensure your mobile is turned off or set to silent
- ⦿ Inform the instructor prior to the start of the class if you are pregnant or have any health conditions or injuries which may impact your ability to exercise
- ⦿ Ensure you wear the appropriate clothing and clean footwear
- ⦿ Maintain good personal hygiene
- ⦿ Do not eat or chew gum
- ⦿ Listen carefully and follow the instructions being given
- ⦿ Keep well hydrated before, during and after your class. Water coolers are located within the centre. Please provide your own water bottle
- ⦿ Do not video or photograph customers without consent
- ⦿ Do not open the doors or windows without checking with the instructor
- ⦿ Return equipment neatly to the allocated area after the class
- ⦿ We recommend you bring your own stretch mat if you have one
- ⦿ Do not interfere with any electrics or sound systems
- ⦿ Give us feedback to help us improve
- ⦿ Some classes may have flashing lights

Enjoy your class!



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