

# Group Exercise -- *take your fitness to the next level*

Group exercise classes are a fun way to get fit with old and new friends! You can take classes when it's convenient for you. We offer a variety of classes each month. Once you find your groove, you can conveniently purchase an Exercise Punch Card or Class pass, so you never miss your favorites!

## What should I bring to my first class?

Be prepared to sweat and work hard! Bring a water bottle, sweat towel, clean athletic shoes, an extra layer of clothing, and an exercise mat if you have one. Be sure to introduce yourself to the instructor and indicate if you are new to the studio or to the specific class format. Let the instructor know if you have any physical limitations or restrictions. Always check with your physician before beginning a new exercise program. HAVE FUN and SMILE! This is the most important part of the class!

## Group Exercise Regular Class Rates

- Group Exercise Drop In \$10.00
- 5 Group Exercise Classes \$30.00
- 12 Group Exercise Classes \$60.00

(All passes expire within 6 months)

## Waitlist

If a class you would like to take is full, we highly recommend you email us to be put on a waitlist. It is not often we put a maximum on our classes, but occasionally due to equipment restrictions or space needed, we will cap the class.

## Class Registration/Sign-Up

Reserving your spot in a class is easy! Follow the SignUp Genius link and sign up for as many classes in one month as you would like. We accept between 14-40 reservations per class depending on class format. Your registration GUARANTEES you a spot in class. You may walk-in, but walk-ins are not guaranteed a spot, even if you arrive before someone that has a reservation. Making a reservation for a space in class holds you accountable to yourself (and the instructor)! Think of it as making an appointment for a fitness meeting with your body!

## Class Registration Cancellation Policy

If you must cancel your reservation for a class, please do so at least 8 hours before class. If it is less than 4 hours before the class start time, you are subject to a charge for the class. If classes have specific registration notes, due to guest instructors, and you do not cancel within the allotted window, you will be charged. Class cancellations must be done via email or directly on SignUp Genius.

## Class Cancellation Policy

We want you to have the best experience possible at Sole Fitness so we've established a few class guidelines. If a class has less than 6 people registered, the class will be cancelled and all registered participants will be notified via email. All morning classes will cancel by 9:00pm the prior evening. All evening classes will be cancelled by 4:00pm if participation numbers are under 6. Please remember to watch your email or check the SignUp Genius link before coming to a class!

## Additional Class Guidelines

\*If we (Sole Fitness) must cancel a class due to instructor illness or other circumstance, it will be listed online and those that are registered will be notified via email.

\*Age Policy: Children 10-18 and older may attend class with their parent/guardian as long as they are not disruptive. Ages 15-18 may attend class without their parent/guardian. All participants must have required forms on file. Children/Students ages 10-18 may purchase classes for \$5.00 each.

\*College Students – please contact us.