

Barshop JCC Group Exercise Policies

In an effort to make the Barshop JCC Group Exercise and Fitness Classes safe and enjoyable, we ask that members and guests abide by the following guidelines:

1. Group exercise participants must check in at the Central Information Desk (CID) before attending ANY group exercise or fitness class.
2. Participation in each class is on a first come, first serve basis (except for classes requiring registration).
3. Please be on time for class. Once class has begun or has reached capacity, participants will not be able to enter.
4. Please sign in on the class roster upon arriving to class.
5. Do not interrupt a class to borrow equipment (i.e. mats, weights, balls, etc.).
6. Please wait for the class to conclude before entering studios to set up for the next scheduled class, and please keep noise level outside the room to a minimum.
7. Conversations during class should not interfere with the instructor's ability to lead a safe and effective workout, or be distracting or disruptive to others in the class.
8. No cell phone use in the studios during classes. If you have to take a call or text, go into the hallway.
9. Closed-toe, athletic-style shoes (with exception of Yoga, Pilates, and Barre) and proper attire are required for all group exercise and fitness classes.
10. Please wipe down mats and equipment after use with the antibacterial wipes provided.
11. Let the instructor know if you are just starting an exercise program or if you have any injuries/medical conditions they should be aware of.
12. The group exercise instructor has the authority to remove any individual from a class who is disruptive and not abiding by or not adhering to policies.
13. Classes and instructors are subject to change at any time.

Age Policy

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| Ages 15 & Up | May participate in group exercise classes. |
| Ages 12-14 | May participate in select group exercise classes with an adult and with the approval of the instructor. |
| Ages Under 12 | May not be in a group exercise class. Children up to age 9 may attend JCare. Children age 10 may go to the gym Children age 11 and up may use the Gym or Training Studio (after attending an orientation). |

Questions or Concerns? Please contact the JCC's Group Exercise Coordinator at 210-302-6851.

