

TIPS

FOR A GREAT GROUP FITNESS CLASS!



ARRIVE EARLY

- Our instructors can help you set up.
- Spaces are first-come first-served.



WARM-UP IS IMPORTANT!

- Warm-up prepares the body to safely participate in class.
- Missing warm-up is not recommended.

GO AT YOUR OWN PACE

- Listen to your body, this is your workout! Options and modifications are provided by the instructor.
- Let the instructor know if you have any joint or health issues that may interfere with your workout.



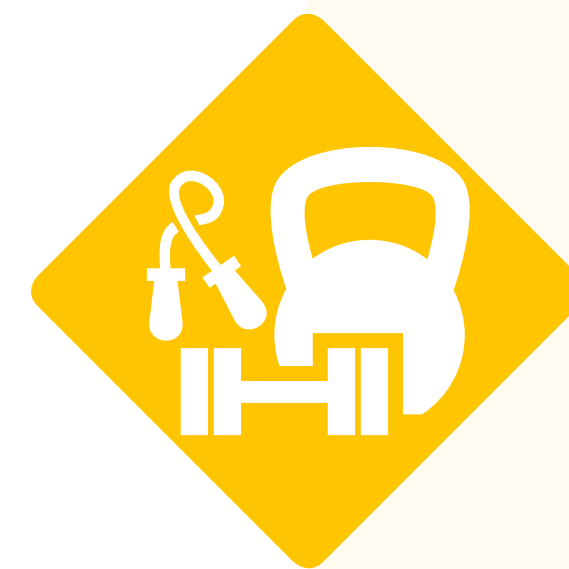
STAY HYDRATED!

Bring a water bottle and take breaks when needed.



REMEMBER THE "THUMBS UP" SIGNAL

- When leaving the studio during class, be sure to give the thumbs up signal to let the instructor know you are ok.
- If you are NOT ok, please let the instructor know as soon as possible.



BE KIND TO THE EQUIPMENT

- Be sure to use all equipment as designed.
- Help clean up and put equipment away neatly.

HELP KEEP THE STUDIO CLEAN

Store all outerwear and personal belongings in lockers located on the 1st floor.



WE TRAIN NEW INSTRUCTORS

- Help them along their way by participating in class and providing feedback.
- Let us know if you are interested in becoming an instructor.



WE ARE HERE TO HELP!

- Please let us know if you have questions, comments, or suggestions regarding class design, music, or overall experience.
- Feel free to speak with the instructor after class or email urec@unb.ca.



HAVE A GREAT WORKOUT AND HAVE FUN!