

# Group Fitness Policy

## Conduct

- Patrons must respect their fellow Group Fitness users at all times.
- Patrons must observe directions/instructions given by Sport UNE staff.
- Derogative comments or abusive language will not be tolerated.
- Inappropriate or disruptive behaviour will not be tolerated.

## Access

- Access to the Group fitness classes is available after your admission is recorded and you have received your payment receipt for the customer service team member.
- **Towels** must be taken into classes that are equipment based.
- Please depart the class when it has finished this ensures the next class is on time.

## Apparel

- A minimum of a singlet top or crop top and shorts are to be worn at all times while participating in Group Fitness Classes.
- Covered footwear to be worn at all times. Sandals and thongs are not permitted.

## Equipment

- In consideration of your fellow patrons please:
  - Return weights, bars, mats and steps to the storage cupboard after use.
  - Don't drop weights or leave weights lying on the floor.
  - Wear inner gloves while participating in boxing classes.

## Age Restrictions

- The minimum age for participation in Group Fitness classes is 15 years and above (subject to conditions below).
- Entry between age 12 and 15 years can be granted providing that:
  - parent/guardian approval is provided, and
  - suitability has been assessed by Sport UNE staff, and/or
  - a Doctor's referral is provided, and
  - constant supervision is provided by a personal trainer.
- Entry under the age of 15 years can be granted if the child is a part of a scheduled program or a participant in:
  - A sporting team, junior athletics squad, school group
  - A special physical activity program conducted by the centre
  - A water or swim class
  - Other supervised or structured activities
- All school groups will adhere to Sport UNE policies.

## Assistance

- Please inform reception, or our Fitness staff of your special requirements prior to your visit so that we may better accommodate your needs.

**Please note: Failure to comply with the above rules could result in Sport UNE asking a patron to leave the premises or, if considered serious, revoking their membership.**

# Find Your Balance

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