



GROUP EXERCISE POLICIES & EXPECTATIONS

Group Exercise is a great way to be active and social at the same time! Each [First Coast YMCA location](#) offers different class options, and each branch has unique studio and group workout spaces. To ensure that you have the best, and safest, experience possible, please note our Group Exercise Policies and Expectations outlined below.

- Reservations may be required for all classes and open 24 hours in advance of class start time. Reservations can be made on our [app](#) or [online](#). Out of courtesy for others, please cancel your reservation if you are unable to attend class. If you have a reservation and arrive after class start time, you have forfeited your reservation.
- If the class you want to attend is full, please put yourself on the waitlist. Notification that you have moved from the waitlist to the reserved list will come to you via email, so be sure to check your inbox before class!
- Arrive early (we recommend at least five minutes prior to class start time) to set up your equipment and be ready to start class on time. If you do not arrive once class begins, your spot may be given to another member.
- To provide the safest and most enjoyable experience, all YMCA group exercise studios have a set maximum capacity of participants based on square footage.
- For the safety of all participants and to avoid disruption of the class, no one is permitted to enter class after the warmup is complete, OR if the class has reached maximum capacity – including those with reservations.
- Appropriate exercise attire and proper footwear are required. Backless, slip-on, and open-toed shoes and sandals are not permitted in group exercise classes. Bring water and a sweat towel as needed. *Classes such as Yoga, Pilates, and Barre may allow for bare feet or grippy socks to be worn during class. Please follow instructor guidance or refer to our [class descriptions](#) for more information.
- For the safety of all members, our studios are kept locked when classes are not in session. Class participants should not enter the studio space until the instructor for their class has arrived.
- Y instructors are here to support participants while keeping them safe and providing a fun experience. Follow their instructions to ensure the best possible workout. Should you need to do your own workout, please do so on our Wellness Floor.
- Be mindful of others and give everyone room to move. Please wait until members in the previous class have left the studio to enter. Space in the studio (or bikes for cycle classes) is not assigned and is available on a first-come, first-served basis. Please do not save spots for others.
- Set up and use equipment as instructed. Once class is over, clean and sanitize all equipment and return it to the proper location. Sanitizing wipes are available in all studios and throughout the Y.
- Focus on being present in class. Cell phone use of any kind during class is prohibited. Reserve conversations with others to outside of the class space.
- Stay through the cooldown to recover safely and end as a group. Equipment should be put away only when class is over. Should you need to leave early for any reason, please notify the instructor.
- Please view our [Youth Fitness Guidelines](#) regarding participation in group exercise classes by our younger members.
- Bring the Y Spirit...be kind, positive, encouraging, and have fun!