

## Group Fitness Participation Guidelines

- To provide safety for our youth and our adult members, youth who are 11-13 years old may participate in group fitness classes only with the supervision of an adult 18 years or older.

- Youth who are 14 years old or older may participate in group fitness classes on their own.

*\*Special Note: Youth from 7-10 years of age may participate in Nia, Zumba and Hip Hop classes with the supervision of an adult 18 years or older OR any other class designed specifically for youth.*

- Youth must be age 16 or older to participate in an Indoor Cycling Class.
- Participation in the entire class is important so the body is sufficiently warmed up and prepared for the class, as well as giving adequate time for the body to decrease the heart rate safely (in a cardio class) and to stretch key muscle groups. Please be courteous and arrive on time to class in order to not disrupt a class in progress.
- Monitor how hard you feel your body is working with respect to the normal sensation of exertion, breathing, and even discomfort. Make sure that you can still talk in short sentences, and that your exercise intensity should be within a range of comfort. If you have any questions, ask the instructor for assistance.
- Exercise at your own pace. Slow or modify the exercises as needed. Inform the instructor to help you with modifications or alternate exercises.
- Keep moving during the cardiovascular section of the class. Stopping abruptly is a shock to the cardiovascular system. If you are experiencing signs of overexertion (i.e., dizziness, shortness of breath, pain), bring your movements down to a light march and inform the instructor immediately.
- Drink plenty of water.

