

STUDIO CLASSES

New Rules to Class Etiquette and Cancellations from January 2018

If you are late for class you will not be allowed to attend. Your space will be given to members who may be waiting and you will be removed from the class list. At the beginning of every class the instructor introduces themselves and goes through a set of pre-exercise questions. Due to health and safety reasons and it also being extremely disruptive to other members there can be no exceptions for late attendance.

Please arrive 5 mins early to allow set up time before Body Pump, Body Pump Express and all Group Cycle.

Please make sure you have had an induction for Suspension & Functional Training classes before booking onto them. Failure to do so will result in you being turned away from the class.

Check in at reception for all classes and appointments. If you don't check in you will register as a no show/ no cancellation which may result in a cancellation charge or your booking rights being suspended for one week.

Due to high demand on class bookings we require a 2 hours' cancellation notice. Failure to cancel your class/court may result in a cancellation charge or your booking rights being suspended for one week.

Please use the lovely lockers provided for your bags and coats. Bringing them with you to class will mean a reduction in class numbers to allow for floor coat/bag space. It's also dangerous as you might trip or slip.

If you are new to a class please let the instructor know. If you have any injuries or are pre/post natal please let the instructor know.

Bring a water bottle and sweat towel with you.

Please stay for the cool down and stretch, wipe any equipment/mat used down and put your equipment away at the end of class.

We experience a large amount of no shows/late cancellations for classes/courts and appointments. By cancelling your space another member can take it and everyone will be happy!

Most of all enjoy your class!

Caroline Taylor - Fitness and Wellness Manager

