



Warhawk Fitness

Group Fitness & Cycling

Policies

CLASS CHECK-IN PROCEDURES

- Arrive to class 15 minutes early, a staff member will check you in on-site.
- Have your Hawk Card/Membership ID ready to scan on-site to confirm membership.
- All registered members must be checked into the class location five (5) minutes PRIOR to class, otherwise the reservation will be forfeited.
- Drop-in reservations are allowed for any member as long as space allows.

PROGRAM POLICIES

- Membership/Guest Pass required (Fitness Membership, Gold Community Membership, Group Fitness only pass or day pass), age restrictions apply.
- Members and guests are not permitted use group fitness and cycling equipment when class is not officially in session.
- Dress Code:
 - Shirts must cover the FULL torso. Backless shirts below the shoulder blades are not permitted.
 - Shorts/pants free of belts, studs, rivets and uncovered zippers.
 - Shoes that are closed-toe/heel, covering the entire foot.
- Class reservations are available through the Rec Sports App 7 days in advance of the class.
- Limited spots available for each class and location; details for each class will be listed under each reservation.
 - There is a registration limit of two (2) classes per day.
- If the class is virtual, links will be provided.
- For your own safety, as well as being considerate of other members where space is limited, back-to-back class participation is limited to only two (2) classes
- Most classes will be held in the Williams Center Dance Studio. When weather permits, outdoor locations include the Wangerin Outdoor Tennis Courts and the outdoor basketball court on the south side of the Williams Center. Locations will be listed on the schedule in the Rec Sports App.
- Cycling classes are held in University Fitness, in the basement of Wells Hall:
 - Water bottle is required, towel is encouraged
 - Cycling doors open no earlier than 15 minutes prior to the class starting
 - Saving bikes is prohibited
- Aqua classes (when offered) are held in the Williams Center Pool.
- Classes will be canceled within ten (10) minutes if no participants show-up to take the class.