

Fitness Unlimited's

Group Fitness Studio Rules

1. All fitness studio equipment (steps, weights, resist-a-balls, etc.) must remain in room.
2. Athletic shoes are required when participating in classes (only exception is Yoga). Exercise attire is strongly recommended in the fitness room. Buckles, snaps, buttons, etc. on street clothes can pose an injury risk to you and the equipment.
3. No one will be admitted more than ten minutes after the scheduled class time.
4. Classes will be given as per printed/posted schedule and will also be available on the Fitness Unlimited website.
5. Classes change on a quarterly basis and will be advertised via room posting and Fitness Unlimited web-site.
6. Food, gum and drink are not permitted in the fitness room or gym. Water bottles with lids are allowed.
7. Conversation during classes must be kept to a minimum.
8. Cell phones are not allowed to be used in the studio; ringer must be on silent mode during classes.
9. Fitness Unlimited reserves the right to change Fitness Studio Policies whenever necessary.

Check out our web-site for additional information regarding our
Group Fitness Program: www.fitnessunlimitednc.com

