

GROUP FITNESS GOLDEN RULES

BOOK YOUR GROUP FITNESS CLASSES IN ADVANCE

Book group fitness classes online through the Holmes Place app or directly through the booking system [HERE](#).

NO PERSONAL BELONGINGS

Only bring essential items to the studio (towels and water bottle). Please use the available lockers for all other items.

GROUP EXERCISE STUDIOS ARE PHONE-FREE ZONES

Turn off your phone or silence it while participating in a class. Please leave the class to text or make an urgent call. Do not take photographs or videos with other people in view unless permission is obtained in advance.

THE INSTRUCTOR ENTERS THE STUDIO FIRST

Do not enter the studio unless the instructor is in the studio and please do not enter the studio while the previous class is still in progress.

ARRIVE ON TIME

The warm up is an important safety aspect of a successful workout. Late arrivals are disruptive to the entire class. No late entry.

LISTEN TO THE ANNOUNCEMENTS

Instructors will communicate important information and perform safety checks before the start of the class.

RESPECT THE SPACE

For the comfort of all attendees, each class has a maximum capacity based on the size of the studio.

FOLLOW THE PROGRAM

Please follow the instructors' instructions. The instructor will provide exercise options. Refrain from adapting the exercises during the class unless a modification is needed for safety purposes. Ask the instructor for assistance if needed.

COVER EQUIPMENT

Use your towel to cover your fitness mat while using.

CLEAN EQUIPMENT

Please clean all equipment after use by spraying disinfectant on tissue then wiping.

STORE EQUIPMENT

After class, store all equipment correctly. Equipment must not be carried around the studio during the cooldown, this is a safety issue.

STAY FOR THE WHOLE CLASS

The cool down is as important as the warm-up. Leaving class early is disruptive to the flow of the class and to other attendees.

INDOOR CYCLING CLASSES

Your safety and comfort is important to us. Report all bike issues to the instructor.

TALK TO US

Instructors love to hear your feedback. Group fitness classes are designed for you, so if you have feedback or a suggestion we are happy to hear from you.