

## **Group Fitness Classes FAQ**

### **How do I sign up for a group fitness class?**

There will be a tab labeled “classes”, you will click on this tab and it will take you to a listing of all of the classes available. To enroll in a class, you will click the “sign up now” button and that will take you to your schedule page. On your schedule, it will show you all of the classes you are currently enrolled in. This is also the page where you will be able to cancel a class you do not wish to be in anymore.

### **How do I cancel a class?**

Just like enrolling, removing yourself from a class is as simple as clicking a button. You will go back into the “my schedule page” and select the “cancel” which is located on the far right side of the screen. This button will remove you from the roster. You will have to remove yourself at least one hour before the class otherwise your name will still remain on the roster.

### **Do I have to register online if I’m just going to go workout?**

No, you will not have to register online if you are simply just going to workout. We do ask that you sign in once at the fitness center on the iPad provided so that we can keep a record of those who are using the fitness center.

### **Who can sign up for classes?**

All Grande Associates are welcome to sign up; however, the only people allowed to sign up for classes are those who have passed the fitness evaluation at the Grande Health and Wellness Center, and who have completed the fitness orientation and signed the liability waiver.

### **What happens if I forget about a class and miss it?**

We really hope that you do not miss out on a class, but if for some reason you cannot attend anymore we just ask that you cancel the class you signed up for. If you do miss it, we ask that you prepare better for the next time.

### **What should I bring to a group workout class?**

We suggest you bring a water bottle, proper shoes (i.e. tennis shoes), workout clothes (something easy to move around in), a towel and additional clothes if you wish to shower after your workout. There is shampoo, conditioner and soap in the showers but if you would like to bring your own you are more than welcome to.

### **How long are the classes?**

Each class is between 30-45 minutes a session. All of the classes range in difficulty so you can decide what area you best fit.

**What time should I arrive to class?**

We ask that you arrive between 10-15 minutes before the class begins so that you, the instructor and your colleagues can get situated to assure class starts on time. If you are late to class, please enter quietly to not disrupt the class in session.

**Can I bring my spouse or children to classes?**

Unfortunately our classes are only offered to Grande Associates at this time. Therefore, no spouses, domestic partners, or children are allowed to attend classes or go to the fitness center.

**What if the classes are too difficult for me?**

The vast majority of the classes are going to be able to be modified for your fitness abilities. The instructors will assist you as well in making sure you are comfortable with the moves. On the Grande Health Website, there is a schedule of all of the classes and each class is given a gradient of colors. The gradient is based on a scale that is a lower intensity to a high degree of intensity. You can refer to this schedule and intensity spectrum online to base which classes you would like to take.

<http://www.grandehealth.com/wellness-resources/group-exercise-classes/>

**Are the classes open to the general public?**

No, the classes are only open to the Grande Associates that have passed the fitness evaluation.