



Fitness Class Guide

- Please book *three days* in advance to guarantee your space in the class
- Please arrive for your class five minutes before the start of the class
- Changing rooms are now available for Studio Class users
- Please bring your own sweat towel
- Personal items like bags and coats must be stored in the rack opposite the Health Club Reception
- Please continue to sanitise all Studio equipment after use
- Please be careful and considerate when making bookings to ensure you only book one space in a class
- Please provide as much notice as possible when cancelling activities to allow other Members to make use of the space
- Members may not join a class five minutes after it has begun. This is to ensure the safety and comfort of all class participants.
- If a Member has not arrived by the start of the class, Members on the first reserve will be given the space.
- Please follow the rules in place for each activity, they have been put in place to ensure Member comfort and safety

If you have any questions, please speak to a member of the Health Club team.

Luke Fenton

Health Club Manager