



# GROUP FITNESS ETIQUETTE

## Your Guide to a Safe and Enjoyable Experience

*Register online, or on the MyJ App, to secure your spot in a class.*

### BE ON TIME

- If you are late, take a spot IN THE BACK OR SIDE.
- If you are late to a yoga class, please be especially quiet. Set your mat up at the back or side of the studio and try not to interrupt the practice.
- Do not enter the studio before the current class is finished.

### QUIET PLEASE

- Keep conversations to a minimum.
- Cell phone must be OFF or SILENCED. If you must take a call, please do so OUTSIDE of the studio.

### GEAR UP, GET READY

- Come prepared for class. Bring a towel, an unbreakable water bottle, and wear the appropriate attire.
- No food is permitted in the studios.
- Store your personal belongings in the studio cubbies or locker rooms. Nothing but your water bottle should be on the floor near you.
- We have enough equipment for the maximum number of class participants. Be considerate of others and only take what is required by instructor.

### CLEAN UP

- Please wipe down your equipment after use with cleaning supplies provided.
- All equipment (weights, mats, yoga straps/blocks/mats, steps, etc.) should be returned and placed neatly in the proper storage area.

**Thank you for helping improve our  
group fitness experience!**