

# Fitness Class Guidelines and Procedures

## Fitness Class Guidelines

- All residents must make a reservation to take a fitness class. See Reservation and Cancellations Policies for more information.
- All residents are required to bring their Resident ID card to check-in prior to the class start time. Check-in will take place at the Fitness Center Front Desk.
- All residents must complete the updated waiver before taking a class. Please be prepared to complete a waiver upon arrival. No one may use the facilities without a waiver.
- Residents will be temperature screened upon arrival. People may not enter the Fitness Centers or take a class if their temperature is 100 degrees or higher. The front desks have also been equipped with plexiglass and barriers where residents are to wait in line and stay at least 6 feet apart for assistance.
- Classes will be in smaller class sizes (between 10-14 people max. depending on location).
- Please do not arrive earlier than 10 minutes before your reservation time.
- Each class will be for 45 minutes.
- Face masks required at all times outdoors.
- Social distancing is required at all times outdoors.
- No black soled shoes on any of the outdoor court locations where classes will be taking place.
- Residents are required to bring their own equipment if they class requires it (such as mats, bolsters, yoga blocks, small weights and bands).
- Chairs will be provided for chair format classes. Residents are required to wipe down chairs with disinfecting wipes before and after each use. No exceptions.
- Residents are encouraged to bring hand sanitizer, and/or sanitizing wipes to sanitize hands before and after using the pool.
- All water will be shut-off (including ice machine, if any). Residents are encouraged to bring enough water to last the length of the class.
- No spectators allowed.
- No events or gatherings of any kind.
- Only SCSH members may take classes. No guests allowed.

## Reservation Policies

- Due to limited space, all reservations must be done at least 48 hours before a scheduled class. Reservations may be done either online via MindBody or by phone.
- A waitlist will be available if enrollment for a class fills up. When a class becomes available, the first person on the waitlist automatically gets moved into the class. Waitlist window will lock 24 hours in advance.
- Same day reservations are permitted. However, same-day cancellations will result in full charge of the class.

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## **Credit Card Payment Required**

- A valid credit card and payment is required when booking a reservation. We will not be accepting payment by cash.

## **Cancellation Policies**

- Due to limited space, all reservations must be canceled at least 48 hours before a scheduled class. This gives us the opportunity to fill the class. You may cancel online or by phone. If you must cancel your class before the 48 hours, we offer a full refund or credit to your account. However, if you do not cancel prior to the 48 hours, you will lose the payment for the class. Management has the only right to determine flexibility.
- If a class doesn't have 10 participants or more, the class will be canceled 24 hours in advance and residents will be notified via email.