

Class Etiquette

To help you get the most of your group fitness classes, we ask that you please follow these guidelines for class etiquette:

Make sure you arrive to class 5-10 minutes early!

- Please arrive to class a little early to help get out the equipment you need. It will also help you get in the exercise mind set.

No children in the Group Fitness Classes!

- Children should not be brought into group fitness classes at any time. The daycare is available for children 8 weeks old-8 years old. Children older than 8 years old may participate in other activities around the WRCC (playing basketball, walking the track, etc). Children 12-13 may be allowed to participate in Yoga classes as long as they are accompanied by a parent. Children 14 & older may participate in class unaccompanied.

Please wear clothes that are comfortable to move in!

- The best kind of clothes to wear during exercise is the clothes that are cool & breathable. A comfortable pair of workout shoes is also recommended.

Make sure you are working at your own pace!

- It takes a little time for the body to get used to exercising. If you need to slow the exercise down & go at your own pace, DO! You will begin improving in no time! Respect the body & what it's telling you. For those who are used to the exercise, maybe try to use a heavier weight or ask the instructor what would be the best way to push you more. Even trying a new class can challenge different muscle groups!

If you are unsure about the technique of an exercise, ASK!

- If improper technique is used, injury is possible. All of our instructors are there to answer questions that you may have. They are also there to correct form, so please, do not be offended if they give you pointers on how to better complete the exercise. Remember, workouts are meant for you to improve, not get injured. If there is an exercise that is too high impact and doesn't quite work for you, make adjustments or ask the instructor what would be a good alternative.

If you must leave the class early, please let the instructor know!

- Please let the instructor know before the class starts if you need to leave early for any reason.

Have Fun & Try Something New!

- Trying something is always scary at first, and it is no different with group fitness classes. Bring a workout buddy or just come and enjoy a class. I recommend trying the same class about 3 times before you decide whether you like it or not. This way you get used to the workout & the instructors personality. If you don't like it after those 3 classes, that's OK!, but at least you can say you tried.

Yoga Classes

Yoga classes have become quite popular in recent months! And for good reason! Yoga is one of the most recommended forms of exercise by healthcare professionals. Yoga can provide you with stretching, pain relief, & mental relaxation. If you haven't tried a Yoga class, often times it can be intimidating to start. We offer a comfortable environment and a group of amazing instructors who are happy to answer any questions you may have. Please read our Yoga Etiquette Guide to help you get the most out of your Yoga class. We encourage you to join us for any of our scheduled classes! All levels are welcome!