

# Group Exercise

## Spin Class Procedure

1. Sign up in person at front desk is required for each class. Bikes are numbered 1–31 and displayed at the front desk
2. One sign up per person.
3. Sign up begins 30 minutes before class start time according to front desk computer clock
4. Reservations are available for those who wish to secure a seat in class ahead of time or to choose a specific bike location.
5. You may make a reservation for a \$5 fee beginning at 7:00AM the day before class. All phone reservations are a \$5 fee
6. 10 bikes are kept open for in house sign up 30 minutes before class—  
**or:** only 21 bikes are available for reservation
7. All bikes are forfeited 10 minutes into class time. If the member who reserved and the walk-in member arrive at the same time, the bike will go to the reservation. We will go by wall clock in spin room

## Spin Class Etiquette

1. **Please be on time for class.** Arrive early if new to Spin
2. **Please wipe down bike seat, handlebars and knobs after class.** Wipes provided in class.
3. **No cell phone use in class.** All texts and phone usage needs to be taken outside of class
4. **No conversations during class.** It's a distraction to all.
5. **If entering a class late, please be considerate.** Leave your belongings at the door and slip quietly onto a bike that is not in use and preferably not next to a bike in use if class is not full.
6. **No perfume please.** It is an allergy and migraine trigger. Try to be odor free as we get close to our neighbors and the room gets hot.
7. **Be upbeat and friendly.** A smile and manners go a long way in creating a positive energy and a great class!