

Studio etiquette

All group exercise class attendees should adhere to the following studio etiquette at all times.

Participation

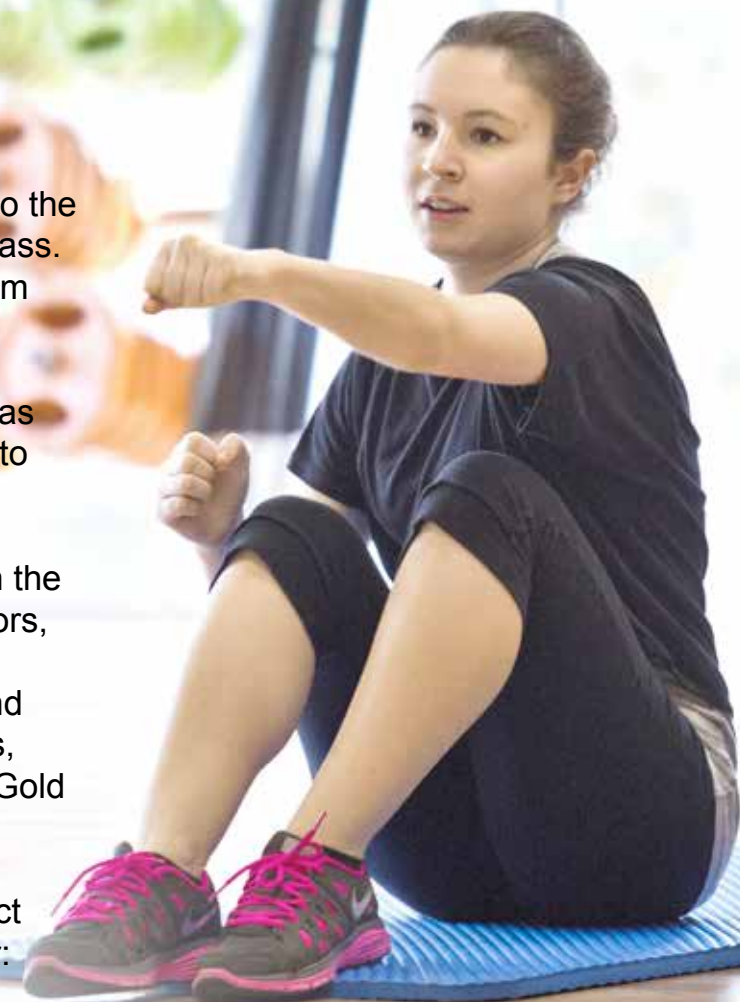
- If your class uses equipment (Pump/ Spin) please arrive early to set up your workstation.
- Appropriate clothing and clean non-marking footwear should be worn for all classes.
- No footwear is required for Yoga and Pilates however please wear your trainers to and from the changing rooms.
- All bags, coats and other equipment should be placed in one of the lockers provided.
- Please bring a towel for all classes where equipment is used.
- For Spinning, all participants must have a towel and a water bottle to take part.
- Please inform an instructor of any injuries or medical conditions prior to start of class.

Booking guidelines

- Receipts are required as proof of booking and should be presented to the instructor at the beginning of the class. Duplicate receipts are available from reception if lost.
- No receipt, no entry to classes.
- Entry is not permitted once class has started. This is for your safety and to avoid disruption to the class.

The studio etiquette is administered in the best interest of members and instructors, ensuring all participants' safety and wellbeing. Please view our website and Facebook for full terms and conditions, class updates and booking online for Gold and Silver members.

If you have any queries, please contact Jeni, Kent Sport's Studio Co-ordinator: j.dexter@kent.ac.uk



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