

UNIVERSITY RECREATION URECGX GROUP EXERCISE

Participant Policies

Schedules

- Will be available to participants the Friday before the schedule changes.
- Will be available to view
 - at the SRC, SACPV, Aquatic Center Lobbies
 - bulletin boards, studio windows, studio doors and/or locker room bulletin boards
 - on the UREC website at UREC.UA.EDU under fitness
- Instructors may be substituted periodically.
- Any schedule changes will be promptly posted at each studio and on the UREC website.

General Class Policies

- You **must** have a pass to enter the class. See pass policies below.
- Please arrive to class on time for the warm-up.
- Participants **may not** enter class after 10 minutes of the scheduled class start time.
- If you need to leave class early, please inform the instructor; otherwise, you may not leave before the scheduled end time.
- For safety reasons, class sizes are limited to:
 - The Student Recreation Center (SRC)**
 - Studio A & B = 30 (45 for non-equipment classes)
 - Miles = 35
 - Cycle Studio = 20
 - Indoor Pool = 20
 - Outdoor Pool = 20
 - The Aquatic Center**
 - Hospitality Room = 20
 - 25 Meter Pool = 17
 - The Student Activity Center**
 - Studio 1 (Cycle Studio) = 23
 - Studio 2 at SACPV = 15 (20 for non-equipment classes)
- In any class using a step, risers should not be stacked more than 2 high.
- One lap lane will be left open during water fitness classes at the SRC, unless the number of participants exceeds 12, including the instructor, at that time lap swimming will cease.
- Participants are encouraged to regularly monitor their own workout intensity and take water breaks frequently.
- Please inform the instructor if you have any special considerations (e.g., pregnancy, injury, illness or recent surgery), which may influence your ability to participate.
- Proper attire includes: closed-toe athletic shoes, t-shirt or tank and shorts or pants. No mid drift shirts or sports bras.
- For Mind Body classes, patrons are required to bring their own yoga mat. The UREC Pro Shop sells yoga mats for \$15 and BamaCash is accepted.

Class Cancellations

- Abbreviated schedules for any break periods will be posted approximately 5 days prior.
- The SRC reserves the right to cancel any class with consistent low participation.
- Classes may be cancelled due to emergencies. Signs will be posted at the SRC main desk and on the door of the studios to inform of any cancellations.

Class Entrance Procedure

- Students, faculty, staff and community members must present a valid ACT card with a current recreation membership or purchase a guest pass to participate in regular Group Exercise classes.
- Classes are free to students, members and guest pass holders.
- Non-Credit instructional (UAchieve) courses are offered at a fee for service, and are offered to **students and SRC members only**. Registration is required for these classes.
- Pilates Reformer classes are offered at a fee for service. Registration is required.

Group Exercise Pass Policies

- Passes are given out 30min before the class start time at the check-out desk from 5:30am – 3pm or the pass table from 3-7pm.
- Ask the staff for a pass to the particular class you want to attend and the instructor will collect passes at the door before class begins.
- Only patrons with passes can enter class.
- Patrons may NOT get passes for their friends.
- Patrons may NOT receive a pass 10 minutes after the scheduled start time of a class.
- Only ONE pass per participant per class.

Staff reserves the right to refuse participation to anyone not in compliance with above policies.