



GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

For the health and safety of you and those around you, we've put together this handy guide to help you prepare for your next visit.

Before You Leave Home

- Book your class via our online portal
- Refrain from visiting if you have been or are feeling unwell
- Pack your sweat towel and water bottle (no towel, no class)
- Check you have your EFTPOS card and photo ID
- Dress in appropriate workout attire
- Leave any personal items at home (Lockers temporarily unavailable)

Throughout Your Class

- Cover equipment with your sweat towel when in use
- Continue to follow all social distancing and hygiene measures

When You Arrive

- Arrive no earlier than 5 minutes before your scheduled class time
- Look for and follow all social distancing markings
- Check in with our friendly team at reception
- Sanitise your hands using the provided station
- Follow all staff directions and head directly to the group fitness studio

Leaving Your Class

- Wipe down equipment thoroughly using the provided wipes
- Exit the group fitness studio when directed by staff
- Leave via the directed exit
- Sanitise your hands using the provided station

Remember, everyone has a role to play in stopping the spread.