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## Studio Groove Fitness Class Etiquette

1. You must sign-in before entering class.
2. Do not enter the gym before the prior class has ended.
3. No one owns a spot, it's 1<sup>st</sup> come, 1<sup>st</sup> serve.
4. You can hold your spot and one spot for a friend **until class starts.**
5. Place your personal items out of the way (i.e., water bottles, bags, towels).
6. Please be on time. The first few minutes of class are devoted to warming-up and preparing the body for physical activity, which helps to prevent injuries.
7. If you arrive late and desire a certain spot, please ask nicely if you can occupy that space. If the people around you are not cooperative, please be respectful and find a new spot.
8. Zumba is a group activity. Please follow the instructor's routine for everyone's safety and enjoyment.
9. We do not allow videotaping.
10. For everyone's comfort please be mindful of personal hygiene and do not wear strong perfume/cologne.
11. **Bring a positive attitude!**