

EXERCISE CLASSES AT THE KATZ JCC - POLICIES & PROCEDURES

- You must be at least 15 years of age to participate in our group exercise classes.
- **Registration** is required for all classes and can be made via the J Connect app, or by visiting or calling The Fitness & Wellness Guest Services desk. In-person and over-the-phone registrations will be made on a first-come, first-served basis. We can no longer honor pre-registrations from a running list of names or by yelling out to the Guest Services associate on your way by the desk. You must be present during your in-person registration process. Failure to follow these procedures will result in a forfeited registration.
- Class registration will open 6 days before the start time of each class. You can receive confirmation of your registration or waitlist status from the Guest Services Associate or on the J Connect app. Class spots are limited.
- You must have a registration for each class when staying for back-to-back classes. This is not permitted for subsequent classes of the same kind.
- **Class cancellations:** If you cannot attend a class that you have registered for, please cancel your registration as early as possible via the J Connect app or by contacting our Guest Services desk. If the JCC cancels your registered class for any reason, you will receive a cancellation email.
 - **NOTE:** If you miss three or more reservations without properly cancelling you will be put on a two week suspension for registering for classes.
- **WAITLIST:** If a class has reached its maximum number of registrants, a waitlist will be created. If you have a reservation and you are late, your spot will be given to a waitlist member upon the start of the class. If you are on the waitlist, please check the J Connect app or contact our Guest Services desk to verify your registration status before arriving for the class. If you are on the waitlist for aqua classes and choose to wait in person, you need to wait on the pool deck until further directed by a staff member.
- If you do not have a reservation for the class, access to the classes will be denied. Access may be granted only if those on the waiting list have been served and space exists with respect to our capacity limits. At that point, a reservation will be created on your behalf.
- **PERSONAL BELONGINGS:** For aqua classes, personal items must be stored on the chairs provided on the pool deck or in the locker rooms. For Group Exercise Studios, personal items should be placed on the coat hooks outside the J360 studio or in the cubbies located at the front of the room. In Jflow, please use the cubbies along the wall.
- Please limit side conversations and cell phone usage during the class as it can be distracting to the instructor and other participants. Cell phones should be off or on silent mode. If it is necessary to be on your phone, please step outside the studio to have your conversation.
- Aqua class participants shall not access lap lanes until the class start time and only if the lap lane is included in the class space. Lap swimmers in these lanes must vacate the lane 5 minutes prior to the class start time. During this time, Class participants may begin to stage equipment on the outer edge of the pool.
- **RESPECT** - Group exercise classes are about building community and celebrating every human and their fitness journey. Please be respectful of other participants and the instructors. Participants should always follow staff instructions. Participants may not use profane, abusive, or loud language while on the premises. Behavior should never violate our Membership code of conduct.
- **ATTIRE** - Breathable athletic apparel is expected to be worn in Group Fitness classes. Athletic shoes are required for participation in a Group Fitness Class with the exceptions being Pilates, Yoga, Barre, and Aqua classes. Please also refrain from wearing perfume or body sprays.
- **ARRIVAL** - We recommend you arrive at least 5 minutes prior to class. Arrival after class has begun is disruptive to the instructor & other participants.
- **EQUIPMENT & STUDIO USAGE** - Please clean and return all equipment used during class to its designated storage area. Equipment may not be removed from the studios. The studios cannot be used when classes are not in session.

Staff reserve the right to enforce these policies.

Those who exhibit inappropriate behavior or language or fail to comply with these policies may be asked to leave.

We appreciate your understanding and cooperation. If you have any questions or concerns,
please contact sdistefano@jfedsnj.org