

Wellness Center Group Fitness

Group Fitness Class Policies:

See your physician before beginning any strenuous exercise program

Before Participation in Class

- If you new to a class, please let the instructor know before class begins.
- No food or beverages allowed in the studios, except water in close plastic containers.
- Be on time. Proper warm-up prevents injury. Please do not enter the class after you are more than 10 minutes late. It is highly recommended that participants stay for the entire class to ensure the proper cool-down phase of class.
- All participants in group fitness classes must be 14 years of age or older.
- Soft-soled, closed-toe athletic shoes are required for all cardiovascular and resistance training classes. Hard-soled, closed-toe athletic shoes or cycling shoes are recommended for cycling classes. Shoe removal may be appropriate in yoga classes.
- Tee shirts and tank tops with NO MIDRIFF showing are mandatory for class participation.
- Personal belongings are not allowed in the studio.

- Towels are recommended for all classes.
- Water bottles are highly encouraged for all classes.

During Class

- All equipment must remain in the studios and must be returned to its proper location after use.
- Class entry is on a drop in basis and will be open on a first-come, first-served basis. Class size is limited to nine (9) participants in Cycling classes.
- All Group Fitness classes are free and only require proper access to the facility.
- The USC Upstate Campus Recreation Wellness Center reserves the right to cancel any class on the basis of low attendance.

