

Group Exercise Policy as of 2024

- You must sign up for ALL classes (In person, or Zoom). All in person class registration starts 7 days before class, and closes at class start time.
- All class "spots" are first come, first dibs. No "saving" spots for members, please.
- **You may register for ONE morning class up to 7 days ahead. If there is room in a second class, you may check in with the instructor before class. DO NOT REGISTER YOURSELF. If there is space, you may join with preference going to members who have not done the previous class.**
- **If you are registered for two morning classes, you will be removed from the second one.**
- You may unregister up to 12 hours before your class FREE.
- If you unregister in under 12 hours from start time of class, you will be charged a \$5 fee.
- If you have a last minute emergency circumstance and need to unregister in under 12 hours, please CALL MCAC front desk to be taken out of the class.
- If you do not show up for a class you are registered for, you will be charged a no-show fee of \$10.
- You can waitlist yourself for any full class (as long as you are not registered for another on the same day), on your member portal or on your MCAC App. You will be automatically added to the waitlist, up to one hour before class, in the order you registered if a spot opens up (you'll receive an email). If you are added to a class you do not show up for, you WILL be charged a no-show fee of \$10. *NOTE: Check your settings in your MCAC app to be sure you have push notifications turned ON. Ask Jenn if you need help.
- Please show up ON TIME for class. If you are less than 5 minutes late, you may lose your spot to a waitlisted member, and it is at the instructor's discretion to let you join or not. If you are greater than 5 minutes late, you will not be allowed to join class.
- Please stay for the entire class. If you must leave early, please inform the instructor before class begins so you can be placed near the door and your equipment can be moved after class is complete.
- Please leave valuables locked in a locker (not your car), and bags/shoes/jackets OUTSIDE of the Group Ex room.
- Please no perfumes or scented lotions in class/ or in the gym. Many members are very sensitive to scents and they can trigger breathing problems.
- Please do not wear "outside" shoes into the Group Ex or Spinning Studios, or onto the Fitness floor.
- Please do not bring cel phones into group ex studio. If you must, for emergency purposes, please be sure it is silenced and step out of the room if you must take a call.
- All classes must have 3 people registered for in person &/OR Zoom class 12 hours before class time or class will be canceled by the instructor. You will be notified by email if canceled.
- In person classes are limited to 24 ppl in group ex studio, 15 for Barre classes, 21 ppl in Spin studio.
- You must swipe your membership card upon arrival at MCAC. If you're registered for a class, swiping in automatically checks you in. You must be registered first.