

Group Exercise Policy as of Summer 2023

- 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 register IN PERSON the day of for a second class.
- If you are registered for two morning classes, you will be removed the day before class from the one with a waitlist. If both classes are waitlisted, you will be removed from the one with the longer waitlist.
- You may unregister up to 12 hours before your class FREE.
- If you are registered for a class you do not attend, or if you unregister in under 12 hours from start time of class, you will be charged a \$5 fee.
- 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 do not wear "outside" shoes into the Group Ex or Spinning Studios, or onto the Fitness floor.
- 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 can waitlist yourself for any full class on your member portal or on your MCAC App. You will be automatically added to the waitlist in the order you registered if a spot opens up. *NOTE: Check your settings in your MCAC app to be sure you have push notifications turned ON. Ask Jenn if you need help.
- **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.**