

# ShipRec Group Fitness Policies

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- Class schedule and sign-up information is available at the ShipRec entrance desk.
- Individuals may sign-up for a class in-person at the ShipRec entrance desk. Sign-up is encouraged but not required. Instructors may limit class to pre-registered participants so sign-up is recommended.
- No gum, food, or beverage permitted. Only water in a sealed container is permitted.
- Store personal items in secure storage.
- Attire should be free of rivets, snaps, and zippers.
- Non-marking athletic footwear is required.
- Drop-in use is permitted when the room is not in use.
- ShipRec equipment may not be removed from the group fitness room.
- Workout at your own fitness level.
- Turn off electronic devices during class.
- Audio visual equipment is managed by ShipRec staff.