



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Exercise Policies

- A Facility membership is required to participate in any Group Exercise class (land or aquatic)
- Members are required to register for classes by completing a Class Enrollment form each program session
- Facility members 13 years and older are permitted to register and participate in Group Exercise classes
- Registered Group Exercise class participants between 13 and 15 years of age must be accompanied by a parent in the class
- Registered group class participants between 13 and 15 years of age must be situated closest to the door
- The Group Exercise instructor reserves the right to remove any person(s) from a Group Exercise class for inappropriate behavior or disrupting the class
- In order to minimize class interruptions, class participants must enter the class no later than 5 minutes after the start of class. The Group Exercise instructor may restrict entry to an ongoing class
- Per fire safety regulations, no more than 32 people are allowed to participate in Group Exercise classes in the Wellness Studio.
The class is open on a first come, first served basis

**329 Culver Road, Monmouth Junction, NJ 08852
732-329-1150 *** 732-329-1026 (fax)**

www.southbrunswickymca.org

The South Brunswick Family YMCA is a nonprofit, values based, community-centered membership organization dedicated to enriching the spirit, mind and body through quality programming and services.