

# UMB GROUP FITNESS POLICIES

1. Please arrive to class on time, every time. Before beginning, it is strongly recommended that you have a physical examination to determine if you're healthy enough for strenuous activity.
2. All participants must be an UMass Boston student or Beacon Fitness Center member.
3. Participation is based on a first-come, first-serve basis. The instructor reserves the right to determine class minimums and maximums based on equipment and facility space. There must be a minimum of three participants in order for class to be held.
4. For safety reasons, it is strongly recommended that participants attend entire class sessions.
5. Athletic footwear must be worn; no street shoes, no shoes with protrusions, or other shoes suspected of marking the floors.
6. A water bottle and towel are permitted and encouraged. No other refreshments are not allowed. Take advantage of our locker rooms or semester locker facilities for personal items.
7. In the case of any incident staff personnel are required to have participant(s) involved fill out an Incident Report Form to be kept on file with the Beacon Fitness Center.