

# Old Bridge YMCA

## GROUP FITNESS GENERAL INFORMATION



### **FOR YOUR SAFETY:**

- Members **will not** be allowed to participate in a class if they are **more than** 5 minutes late.
- Proper footwear is required. **NO** sandals, Reebok Balance Trainers, Shape –Ups or similar products are permitted.
- Upon arrival, inform the instructor of any special needs or limitations that you may have (injury, pregnancy, etc.)
- **All classes** at the YMCA are **multi-level** (instructors will offer modifications for beginners to advanced participants).
- Please work at your own pace **AND** listen to your body.
- Members that are **new** to exercise should arrive to class 10 minutes early.
- Always bring a water bottle and a towel to class.
- Class participants must be 14 years of age or older.

### **PLEASE RESPECT EVERYONE:**

- Classes will now be 55 minutes... **PLEASE** wait until the previous class ends before entering the room.
- No talking on cell phones during class.
- I-Pods are not permitted during class.
- Keep the floor space clear, use a towel, and wipe down the equipment after your workout.
- Refrain from wearing heavy perfumes and/or lotions.

### **SPINNING SUGGESTIONS:**

- Please arrive 5 -10 minutes before the start of class.
- SPIN participants **are encouraged** to wear Heart Rate Monitors.
- Water bottles and towels are mandatory.

### **FALL UPDATES:**

- **NEW Babysitting hour:**  
**Monday – Friday** / 9am – 2pm  
**Monday – Thursday** / 3:30pm-9:30pm  
**Friday** / 3:30-8:30pm  
**Saturday** / 9am -12pm  
**Sunday** / 8:30am – 12pm

Classes, times and instructors are subject to change and/or cancellation, due to instructor availability, room availability, or low attendance.

**Classes must AVERAGE 6 participants a month.**

For more information, contact

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**Have a Great Workout!**