



## Group Fitness Classes Policies & Procedures

For the comfort, safety and well-being of all participants, please adhere to the following Policies & Procedures when participating in Group Fitness Classes.

Thank you!

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### **Scents and Sensibilities**

- Please do not wear perfume or scented lotions or oils when working out.
- Scents from many products and perfumes BECOME STRONGER when the body warms up or sweats during exercise.
- Please be considerate - many of our members are highly sensitive and/or highly allergic to these smells.

### **"I'll talk to you later ... I'm going into class."**

- Our instructors strive to give every participant the best possible workout during every class. To achieve that goal, every person must be able to hear the instructor's cues and directions.
- So, please do not use cell phones to text or make calls during classes; and, please refrain from having extended conversations while class is in session.

### **There's a Time and a Place**

- Please be on time for classes.
- The warmup phase at the very beginning of each class is a crucial part of every workout. If you are late for class, you may have missed the warmup. Please consider taking another class or doing a different workout that day.
- If you are just a bit late, but class has already begun, please be courteous. Take a place as close as possible to the entrance. That way, you won't distract/disrupt others who have already set up or already started their workout.
- If you are not participating a class, please use the fitness center downstairs or another space in the building for your workout. Group Fitness Classes are the only activity permitted in the gym or studio when classes are in session.

**See you at the Center!**