



QFit: Group Fitness Policy

1. Purpose

Our group fitness policy is designed to provide safe, enjoyable, and inclusive classes for all residents. This policy outlines expectations for participation to ensure sessions run smoothly and the environment remains respectful and supportive.

2. Booking & Attendance

- All residents must book into group fitness classes prior to attending.
- Please arrive 5 - 10 minutes early to allow time for setup and a safe warm-up.
- Residents who arrive more than 5 minutes late may not be permitted to join the class, as missing the warm-up increases injury risk and disrupts the session.
- If you can no longer attend, please cancel your booking so another resident can take your place.
- Two missed classes without cancelling will result in a booking suspension for one week.

3. Attire & Hygiene

- Appropriate athletic attire must be worn at all times, including:
 - Enclosed sports shoes
 - Comfortable, non-restrictive clothing suitable for movement
- For hygiene and comfort:
 - Please use deodorant before class
 - Bring a towel for equipment and personal use
 - Wipe down any mats or equipment after use
- Bare feet are only permitted in classes where it is specifically appropriate (e.g., Yoga, Pilates, Martial Arts).

4. Behaviour & Etiquette

- Always be respectful of coaches and fellow participants.
- Follow all instructions provided by the coach to ensure safety.

- Mobile phones should be silenced and kept off the training floor unless required for medical reasons.
- Bags and personal items must be stored in lockers or cubbies, not on the studio floor.
- Equipment must be returned to its designated place at the end of class.

5. Safety Requirements

- If you have an injury or medical condition, please inform the coach before class begins.
- Participation is at your own risk; always work within your personal limits.
- The coach may modify or restrict participation if they believe a movement or activity is unsafe for you or the group.

6. Children & Guests

- Group fitness classes are for residents only, unless otherwise stated.
- Children under 16 are not permitted in the studio during classes for safety reasons, unless it is a specific Bond or Teen Class.

7. Coach Authority

- Coaches have the authority to:
 - Refuse participation if a resident is unwell, unsafe, or not appropriately dressed
 - Remove a participant whose behaviour disrupts the class
 - Adjust class structure to maintain safety and flow

8. Compliance

By booking into a class, residents agree to follow this policy. Failure to comply may result in temporary suspension from group fitness sessions.

9. Participation Waiver & Acknowledgement

By attending any group fitness class at **Club Armstrong** residents acknowledge and agree to the following:

- I understand that participation in group fitness classes involves physical activity that carries inherent risks, including but not limited to muscle strain, injury, or medical events.

- I confirm that I am physically able to participate and will exercise within my personal limits.
- I agree to follow all instructions provided by the coach to support my safety and the safety of others.
- I accept full responsibility for monitoring my own physical condition during the class and will stop immediately if I feel unwell, dizzy, or in pain.
- Participants who are pregnant, returning from injury, managing a medical condition, or have concerns about their ability to safely participate in physical activity should seek appropriate medical advice before participating and should advise the coach or trainer of any limitations.
- I understand that **Club Armstrong**, its staff, and contracted coaches are not liable for any injury, loss, or damage arising from my participation, except where required by law.
- I participate in all classes at my own risk.

Resident Declaration

I have read, understood, and agree to comply with the Group Fitness Policy and Participation Waiver.

Resident Name: _____ **Signature:** _____

Date: _____