

Health & Wellness (Fitness)

Policy Effective 3-15-2021



KROC
HAMPTON ROADS

Group Exercise Classes

- Members must pre-register for class in order to participate.
- Each class maximum is set to ensure proper distance and safety.
- Monday thru Friday afternoon & evening class registration opens **6 (six) hours prior** to class start time each day. Saturday classes and all morning class reservations **open 24 hours** in advance.
- Fitness staff will check-in members at class entrance prior to the start of class.

Running late

- There is a **5-minute grace period for all reservations.** At 5 minutes past the hour, you will no longer be allowed into the class.

Cancellations

- Members **must** call and cancel if unable to attend reserved fitness class. If there is no cancellation the member will be marked as a no call no show. (Please call the fitness desk (757)622-5762 x64351 if you need to cancel)
- Cancelled reservations must be made at least 60 minutes before class start time.
- No Call-No Show. Members that fail to cancel their reservation and do not attend may lose class reservation privileges.