

Did you know . . .

- **Fitness Connexion does not allow cell phone use in any exercise area.** If you have to be available, please place your cell phone on vibrate and leave class/exercise area to take the call or text.
- **Athletic shoes must be worn when working out on the main floor and in both group fitness rooms.** For your protection, please be sure your shoes are free from dirt, rocks, snow, and ice. Use the lobby or a locker, to keep your boots and coat.
- **If you are new to any class, arrive at least 10 minutes early** to learn how to set up the equipment you will need (especially Group Ride, Group Active, and Group Power). Although we will accommodate you the best we can before class, we cannot stop or disrupt a class already in progress to set up equipment.
- **As respect to fellow members and instructors, please arrive to class on time.** It is distracting when people arrive late, especially when equipment is needed. The Front Desk has been instructed not to let anyone in class after the music starts.
- **We recycle and conserve.** Use the blue bins to recycle paper and plastic. Sorry, glass is not permitted in the building. Please conserve resources when possible.
- **By changing up your workout every so often, you will get better results!** Accomplish this by taking different classes and using different machines. Utilize our wonderful Personal Trainers to make the most of the equipment. They will design a workout that suits your goals and help you achieve the next level of fitness.
- **How much we appreciate you!** Thank you for your understanding and cooperation.
- **You make Fitness Connexion FANTASTIC!!**