

Joining the Gym

9. Group fitness classes



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



Group fitness classes



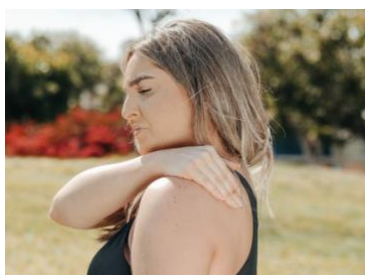
To join a class look at the class timetable and pick the class you want to go to.



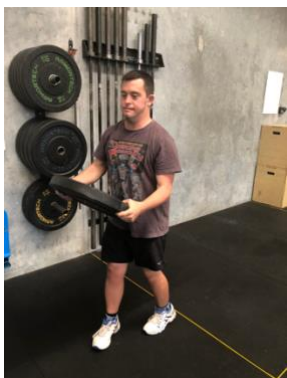
Book your spot in the class. You can ask the gym staff to help you book a place.



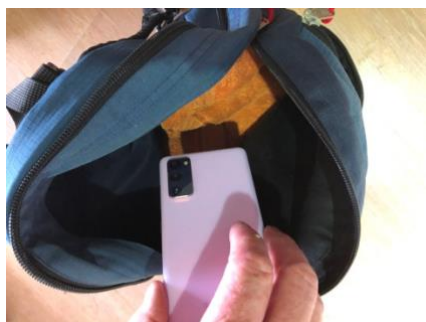
On the day of the class, arrive 5 minutes early so that you can



- Tell the instructor if you have any injuries.
- Tell the instructor if you cannot do some exercises



Set up any equipment you may need.



Leave your phone in your bag on silent.



When the class starts
Listen to the instructor.



Leave enough space between you and the other people in the class to exercise.



At the end of the class clean your equipment.



Put your equipment away.