



Water Aerobics Class Guidelines

To ensure a safe and positive fitness class experience for all, THPRD requests that participants abide by the following guidelines:

- Please check in at the front desk prior to entering the class.
- Class space is first come, first serve. Please safely and respectfully share the space with all participants and you follow your instructor's direction.
- Please face the instructor and participate in the moves the instructor is demonstrating. Doing your own workout in the class area is distracting and disruptive to fellow participants and the instructor.
- Conversation during class is distracting to the instructor and participants around you. Please be courteous and limit socializing to before and after class.
- Please travel with your class when directed by the instructor. When all participants are moving together, there is less risk of collision and greater resistance from the water.