



Fitness *at the Brea Community Center*

FREQUENTLY ASKED QUESTIONS FOR GROUP FITNESS CLASSES

Tips to guide you in all your favorite BCC fitness classes!

- You must check in at the front counter before entering the fitness center. The City of Brea is not responsible for lost, stolen or damaged articles left in the Fitness Center. Please leave personal belongings in the lockers provided. The use of all cellular devices with photographic or video capabilities is not permitted within the locker room areas. Please silence phones and refrain from using when in the fitness center. If you must take a call due to an emergency, take your call outside so not to disturb other patrons.
- Absolutely no children under the age of 13 may enter any group fitness class. This is a safety issue for your child, as well as others.
- Please ask front counter staff if your class requires a pass.
- If you are taking a group fitness class, please get your pass and **wait in the line by the front desk**. Be respectful of other members who have arrived early and waited in line. If you are working out in the weight room or utilizing a cardio machine, keep an eye on the clock and get in line 5 minutes before class starts. You may not enter a class before those that have waited in line. You may enter after the last person in line has entered the room.
- For the safety and consideration of others, please do not enter a class once the front counter staff has informed you the class is at capacity.
- Saving “spots” for others is not allowed. First come, first served. Be considerate of others and make room for members if the class is not at capacity.
- Class Reservations must be pre-paid, no refunds or transfers. Reservations will be held until class start time to avoid class disruptions.
- Members have asked if we can hold classes in the Gym or the Community Hall. The Community Hall is rented to various companies for business meetings, weddings, special occasions, etc., and the Gymnasium hosts numerous adult and children’s sports leagues/programs, as well as drop-in basketball and volleyball. These areas are not available for regular classes.

ZUMBA

- Request a pass at the front counter and proceed to the class line.
- Zumba classes are limited to 49 participants per class and passes are required.
- Zumba class reservation is \$1.00 and will be available for purchase up to 60 minutes prior to a class.

- Thank you for your consideration of others. We are all here to “Join the Party,” so as at any party, be respectful of others. 😊

CYCLE CLASS POLICY

- One bike per customer. A towel is required.
- Place a towel/water bottle on a bike to reserve up to 2 hours before class time. Do not pull the bike into the gym lobby as this will constrict traffic in and out of the gym. Cyclist must remain onsite.
- Bike reservation is \$1.00 and may be made 45 days in advance. Cyclists may sign up on a wait list for unclaimed bikes. All bikes will be given away at start time.
- Cycle classes are limited to 34 participants per class.
- Appropriate cycle attire required. **No jeans or pants with buttons/snaps.**
- For the safety of everyone, headphones are not permitted.

YOGA

- **Please arrive for class on time.** If you are late, please wait to enter the studio until after students have started moving. Enter the room **very quietly** so you do not disturb the students and the instructor in class. It is disrespectful to slam the door or to snap release your mat. Instead, close the door gently and unroll your mat very slowly and quietly.
- **Silence your cell phone.** If you must take an emergency call, please exit the room quietly and take your call outside.
- If you must leave the class early, please leave before the final relaxation phase to be considerate of others.

BODYPUMP

- Do not slam weights on the wood floors, which can damage the plates.
- Keep equipment close to the bench, place mat on bench to allow room for others to participate in class.
- **Do not place end of barbell on mat, which can damage the mats.**
- Please respect the instructor when they are giving instruction on specific tracks so new members can perform moves safely. Keep conversations to a minimum.
- If you must leave before the cool-down, please replace bench, weights and bars quietly so not to distract others.