Group Exercise Participant Policies

1. Before beginning, it is strongly recommended that you have a physical examination to determine your fitness levels. Some programs may be strenuous.

2. All participants must be an UMass Boston Student or member. A valid UMass Boston ID, Employee or alumni Pass must be presented before attending each class.

3. Participation is based on a first-come, first-serve basis. The instructor reserves the right to determine class minimums and maximums based on equipment and facility space. There must be a minimum of two participants in order for class to be held.

4. For safety reasons, it is strongly recommended that participants attend entire class sessions.

5. Athletic footwear must be worn; no street shoes or turf shoes with waffle bottoms or protrusions from the soles; no shoes suspected of marking the floors.

6. Wear comfortable clothing and shoes with good support.

7. No personal items unless being worn or being used are permitted in the gyms or multipurpose rooms. A water bottle and towel are permitted and encouraged. However, for all other personal items, we ask that you take advantage of locker room lockers or daily and semester locker facilities.

8. No refreshments, soda, snacks, gum, or candy are allowed in any gyms or multipurpose rooms.

9. In the case of any incident or physical accident that may occur in a group fitness session, staff personnel is required to have participant(s) involved fill out an Incident and/or Accident Report Form to be kept on file with the Beacon Fitness Center.