

RULES OF THE ROOM

POLICIES



MEMBERS SHOULD REGISTER FOR ALL CLASSES.

- GroupX classes can be registered for up to 2 days in advance. Members can register up until 1 hour prior to class start time.
- Small Group Training classes (Conquer, Ceremony, Hyrox) can be registered for up to 7 days in advance. Members can register up until 6 hours prior to class start time.
- If you are registered for a class and can no longer attend, please let us know. You can remove yourself in app, up to 1 hour before the class start time. If it's within 1 hour, class reservations can be cancelled by the front desk.
- Our website and app will reflect if a class is full.
 - If the class has reached capacity, members will be admitted in a first come/first serve process if there are no-shows.
 - Members should arrive no later than 5 minutes before the class to ensure they maintain their reserved space.
- Members can register via our app, website or by partnering with our front desk team.

ONCE A CLASS STARTS, OR WHEN A CLASS FULL SIGN IS DISPLAYED, NO ONE SHOULD ENTER THE STUDIO.

WHEN IN THE STUDIO:

- Please notify your instructor if you have any medical conditions or are pregnant before class starts.
- Work to your own fitness level and ask for modifications if needed.
- If you are new to any class or format, we recommend you arrive early. For cycling and any Small Group Training class, this will allow the instructor time to get you set up.
- We encourage all participants to bring water, a towel and wear proper clothing and footwear to class.
- Be quiet and respectful both inside and outside of the studio.
- This is a shared space, please be courteous of all participants and the instructor. Please leave space between you and your neighbor (approximately an arm's length at minimum).
- Conversations should be kept to a minimum throughout the class. Participants should be focused on the instructor and the movement.
- No one should save spots or set up stations for others. Participants must be present to claim their reserved spot.
- Use of cell phones, cameras, personal music, or other media devices are prohibited.
- At the end of the class, please wipe down and put away equipment.

Have fun while improving life through fitness!

NEW YORK SPORTS CLUB