

Attention Group Fitness Participants:

Starting Monday July 7th with the new calendar, we are no longer allowing late arrivals. This pertains to ALL fitness classes. Once the music is on and the door is shut, please don't try to come in late.

We are doing this for everyone's safety. As a late participant, you're putting yourself at risk for an injury without a proper warm-up. It's also for the safety of the class as well as the instructors, as it's a big distraction when people run in late.

With that being said, please ensure that you're a few minutes early for class so you don't run the risk of not being able to attend. If you do end up running late, please respect the other participants and wait until the next class.

Thank you for your anticipated cooperation. Again, we are doing this simply for the safety of all participants.

Thank you,

CCC Fitness Staff