



10XTO Group Fitness Policy

- Members are required to sign into their *MyWellness* app to ensure a spot in any Group Fitness class.
- All Group Fitness classes will follow a 5-minute rule for late participants. This will apply to both members and guests and will be implemented for all classes. If you are more than 5 minutes late, entrance into the class will **not** be permitted - even if the class is not full.
- For classes that are waitlisted – the 5-minute rule applies. Your spot will be forfeited to a member on the waitlist at the 5-minute mark, no exceptions.
- **WAITLIST:** If a spot becomes available, the app will immediately send a notification to all members on the waitlist. The available spot will be awarded to the first member to secure their spot off of the waitlist and into the class. This is a first come, first serve system.
 - Should you choose to show up for the class without a secured spot, in hopes that there will be a no show, please wait outside of the studio. If another member forfeits their spot by not showing up, our team will permit your entrance into the class on a first come, first serve basis.
- Please respect the capacity (number of participants), that has been established for each class. The safety and quality of your Group Fitness class experience is our priority, and is the foundation of each decision made.
- Age requirements:
 - Children under 12 years of year will **not** be permitted in any Group Fitness classes.
 - Children between the ages of 12 – 15 years old must be accompanied by a parent/guardian to participate in a Group Fitness class.
 - Children 16 years of age or older are permitted to participate in Group Fitness classes on their own.

Updated: 01/15/2020

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