

# GROUP FITNESS RESERVATION AND SIGN-IN PROCEDURES: PLEASE SIGN IN FOR ALL CLASSES!

## Sign-In Guidelines

Class Attendance Sheets are available at the Front Desk. Please **print** your name and choose a floor number for your location in the studio, when applicable. (Floor Grids for Studio 1 and Studio 2 are available at the Front Desk.)

**"Call-Ahead" Classes** (classes that require you to contact the Front Desk in advance to reserve your spot). **Note that members cannot reserve a space for anyone but their spouse.**

## Exceptions Due to Club Hours:

- Since we close at 6:00pm on Saturday and Sunday, the **Sunday Spinning** class will be on a first-come, first-served basis.
- For the **3 Monday classes (Body Sculpt, Core Board, Spinning)**, reservations will be taken on Monday beginning at 6:00am.

Here is a list of the "Call-Ahead" classes. Calls are taken **Monday through Friday at 6:00pm (203-259-0882)** for the following day's class. Note that the schedule is subject to change. Please contact the Front Desk if you have any questions.

<b>Monday:</b>	<b>BODY SCULPT</b> , 8:30am, with Kim <b>CORE BOARD</b> , 8:30am, with Cyrece <b>SPINNING</b> , 9:45am, with Robin
<b>Tuesday:</b>	<b>STRAIGHT UP STRENGTH</b> , 8:30am, with Robin <b>SPINNING</b> , 9:30am, with Tim <b>BODY SCULPT</b> , 9:30am, with Cyrece
<b>Wednesday:</b>	<b>STRENGTH &amp; POWER</b> , 8:30am, with Kim <b>BEGINNER'S YOGA</b> , 8:30am, with Gail <b>CORE BOARD</b> , 9:30am, with Cyrece
<b>Thursday:</b>	<b>SPINNING</b> , 8:30am, with Kim <b>STRENGTH &amp; POWER</b> , 9:30am, with Robin <b>SPINNING</b> , 6:30pm, with Robin
<b>Friday:</b>	<b>SPINNING</b> , 7:30am, with Larry <b>BODY SCULPT</b> , 8:30am, with Kim
<b>Saturday:</b>	<b>SPINNING</b> , 8:15am, with Robin