



TJFIT SPINNING POLICES

1. Please arrive 10-15 minutes prior to class start time. It is important that participants have adequate time to set up their bike properly. Please do not arrive late or at start time. It is disruptive to the instructor and Spinning Participants.
2. Please bring a towel and water bottle. If you forget we will be happy to supply you with one. Towel service is available for a fee of \$1 per use.
3. If you are new to Spinning and it is your first class, the instructor will show you proper bike set up, and Familiarize you with the bike including 3 hand positions, emergency brake, pedal cages, and 5 movements.
4. Please clean your bike after class. Please spray the cloth first and wipe down the bike. This helps to prevent rust from forming on the bike. Water bottles and cloths will be provided. We strive to keep our bikes clean and well maintained. We very much appreciate your cooperation so that the next person to ride on your bike will receive a clean bike free of sweat and water.

5. HEART RATE MONITOR TRAINING

Heart Rate Monitors are an integral aspect of the Spinning Program. As our classes are based on the Energy Zones we recommend all participants utilize one in order to work in a safe and effective intensity.

If you do not own a Heart Rate monitor we have HR monitors available for use. These monitors are in place for a new participant to try out so they can see first hand the many benefits of HR training.

If you require a monitor on an on-going basis, we do have a range of styles available for purchase.

6. If you encounter any problems with your bike: ie discomfort on saddle or any mechanical problems Please notify your instructor and we will do our best to rectify the problem.
7. We do have Gel seats available for use but again cannot guarantee one will always be available.

8. MISSED CLASSES AND MAKEUPS

In order to be eligible for a makeup class you must notify TJ FIT at least 24 in advance of your class!!

We will make every effort to try and offer our clients a make up class based on availability .

We cannot guarantee make-ups. This is a special service that we try and provide our clients. It is not Always possible due to classes that are at full capacity. Priority will first be given to a Spin Card

Holder.

Again, if you miss a class and do not notify us at least 24 hours in advance, you are not eligible for a Makeup.

Booking of Makeup Classes

Makeup Classes can only be booked 24 hours prior to scheduled classes. Please call us to book a bike.

9 Spin Cards

In order to offer more flexibility to our clients whom cannot always commit to the same scheduled class we offer a Spin Card. Clients may purchase a 5 or 10 class Spin Card in advance. This allows the participant to sign up for their chosen class up to 1 week in advance. At the time of booking the classes attended will be redeemed on their Spin Card. All Spin Card holders must call to cancel with at least 24 hours notice or again, that class will be counted as a class attended. When a Spin Card has expired a new one will need to be purchased to continue booking in advance.

10. Drop-In Policy

For all new participants we offer a one- time Drop In Fee. This is the perfect opportunity to be able to experience a Spinning Class before their decision to Sign up for a full session. All new participants will be booked for their first time as a Drop-in. All other drop-in bookings can only be booked up to 24 hours before the scheduled class. Again individuals who prepay with a Spin Card will be given priority over makeup classes and drop in's.

10. TJ Fit strives to provide a safe and effective and enjoyable ride for all of our clients. Since our classes are small we can give more personal instruction and be attentive to our clients needs. We appreciate your on-going support of our Spinning Program. If you have any questions and concerns please talk to us. We welcome your feedback and will always do our best to make sure you are satisfied with our classes and instructors. THANKS, AGAIN FOR YOUR CONTINUED SUPPORT!!!!

Revised 03/03

Participant Signature