

SALINE



RECCENTER

FITNESS CLASS TIPS

A core group of land fitness classes is included in your annual membership. We want to make sure you understand how this works and how to check in for classes. Class registration is not required for the free classes.

How to check in for classes:

1. Check in at the front desk as a member. Tell the receptionist your first and last name.
2. Sign in for class at class location no earlier than 30 minutes prior to class start time

All Studio Cycling and TRX classes require a ticket for entry.

How to check in for these classes:

1. Check in at the front desk as a member. Tell the receptionist your first and last name.
2. Get a class ticket from receptionist no earlier than 30 minutes prior to the beginning of class
3. Sign in for class at class location
4. Give ticket to instructor

Helpful tips:

1. Be on time for class – If you are late for class you may not enter that class
2. Bring your workout shoes with you and change them at the Rec Center
3. Bring a water bottle
4. Fitness mats are not required, but highly recommended
5. Inform your instructor if you have any limitations
6. Classes and class times are subject to change

If you have any questions, comments or concerns, please contact Keith Kooperman at kkooperman@cityofsaline.org or 734-429-3502 x 2503