

GROUP FITNESS

FAQS

What can I expect from a RooFit class?

A great workout designed by our knowledgeable instructors to be fun, safe and engaging. Classes are mostly 45 minutes.

Do I need to register?

Participants must register for RooFit classes at least 45 minutes before the start of class. If you are having trouble signing up, come early to class and have the instructor assist you.

What should I bring to class?

You'll need a water bottle, sweat towel if desired, and shoes or bare feet appropriate for your class. Your confirmation email will have specifics!

How much does a RooFit class cost?

Unlimited classes are included in your membership at no extra cost.

I'm new to the gym. How do I know if a fitness class is for me?

We know every body is different on any given day. Every RooFit class is designed for whomever walks through our doors no matter where they are in their fitness journey. Instructors will offer modifications to all exercises during class to fit your needs. Our instructors are also more than happy to talk one-on-one before class starts for guidance. Don't be afraid to ask! And remember, if you don't like one class, we have lots more to choose from.

Why was no one there when I showed up? I was only a couple minutes late.

Hopefully this doesn't happen. If only one person shows up by start of class your instructor will cancel, as our policy prevents us from teaching one-on-one unless in a personal training session. To prevent this, please register and show up on time. There is important information at the start of class, and we pack a lot of good stuff in, so every minute counts! Make sure to check your email. Instructors send out relevant updates via email to those already registered.

