Cornell Fitness Centers Group Fitness – Late Entry Policy

Late entry to Group Fitness classes is only permitted within the first 20 minutes of the class start time. We encourage participants to arrive on-time or early to classes; to allow enough time for setting up necessary equipment and for proper warm-up. Participation from the start to finish of a class is encouraged whenever possible.

Exceptions:

**ShockWave**

Late entry to ShockWave classes is only permitted within the first 10 minutes of the class start time.

**Power H.I.I.T.**

Late entry to Power H.I.I.T. classes is only permitted within the first 10 minutes of the class start time.

**Spinning®**

Late entry to Spinning® classes is not permitted.

**T’ai Chi – Beginning & Long Form**

Late entry to T’ai Chi is permitted within the first 30 minutes of the class start time.

**Yoga – Restorative**

Late entry to Restorative Yoga is only permitted within the first 10 minutes of the class start time.