

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.