

Group Fitness Participant Guide



Group Fitness Attendance Procedures

How to Register

1. To register for a group fitness class, visit <https://recsports.ufl.edu/classes/> and click the class format and time you'd like to attend.
 - Registration opens 25 hours before each in-person class and 7 days before each virtual class. Registration closes 1 minute before class begins.
2. Click Register and log in using your Gator Link credentials.
3. Click Register again and then checkout to confirm registration.
4. Once you register, you will get an email with confirmation and a livestream link if the class is virtual.

Attending In-Person Classes

On the day of the class, arrive to the location 15 minutes prior to the start time.

Five minutes before the start of class, any non-registered standby participants can be let in. If the class is full and you do not arrive five minutes before the class, your spot could be forfeited to a standby participant.

Indoor Classes:

Indoor classes will be hosted in an activity room at either Southwest Recreation Center or Student Recreation Center. Be sure to check the location of the class you are registered for. Please be aware of updated procedures that are now in place due to COVID-19:

- Face coverings are always required when inside a RecSports facility. This includes before, during, and after class except when actively drinking water.
 - Participants are encouraged to take breaks from exercise as needed to acclimate wearing a face covering during workouts.
 - Instructors will regress exercises as needed to accommodate for the challenges of wearing a face covering during exercise.
- Capacities in all Group Fitness classes will be lowered in order to allow for physical distancing between participants.
- Physical distancing (6+ ft.) of participants will be enforced at all times.
- Heightened cleaning procedures are in place to ensure each room is thoroughly sanitized after each class.

Outdoor Classes:

Outdoor classes are hosted at one of three locations: [Broward Outdoor Complex](#), Southwest Recreation Center Softball Field 4, or near the [Gator Sports Shop](#) outside of Ben Hill Griffin Stadium.

- Make sure to go straight to the outdoor location and not to the RecSports facility.
- Look for the RecSports Group Fitness sign at the location to ensure you are in the right place!
- You are required to wear a face covering during check-in and until you are physically distanced for the class; however, once the class begins, you may remove it.
- Your temperature will be checked by a RecSports staff member upon arrival.
 - If a participant has a fever over 100.4, they will not be able to participate.
- Outdoor group fitness classes will not utilize any equipment, but please bring your own mat or towel for use during the class as well as a filled water bottle.
- If you are taking class as a standby participant, the instructor will wait until five minutes prior to the start time and check you in if there is space in the class.
- Once you are checked in, make sure you are at least six feet from any other participant and enjoy the class!

Southwest Softball Field Class Location



Student Rec Outdoor Check-In Location



Outdoor Class Cancellation Information

Due to inclement weather, unfavorable field conditions, or instructor health, a Group Fitness class may be canceled at any time. All participants should check the Rainout Line app until point of check-in to stay informed on the status of a class. To download the Rainout Line app, follow the below steps:

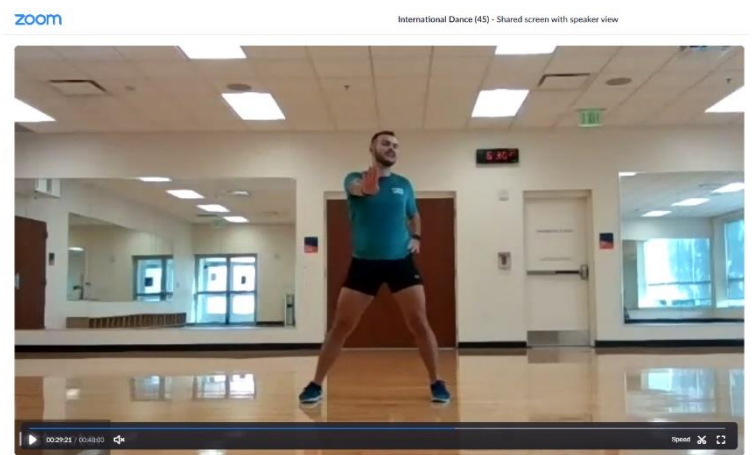
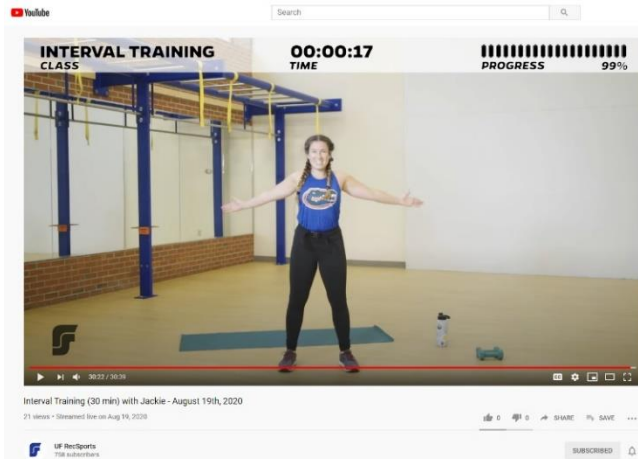
- Downloading the Rainout Line:
 - i. Search 'rainoutline.com2017' in the app store
 - ii. Once downloaded, open the app and type in 'UF RecSports Cancellation Hotline'.



- iii. You will then be able to see that status of all RecSports programming, including Group Fitness
- iv. Toggle on the notifications bell to be notified each time the Rainout Line is updated for Group Fitness programming.

Attending Virtual Classes

- To participate in a virtual Group Fitness class, simply use the link in the registration receipt email to access the livestream a few minutes before class and enjoy your workout!
 - Note that dance classes will be hosted on Zoom, and non-dance classes will be hosted on YouTube (this is for music copyright reasons).



Need to Cancel a Registration?

Should you be unable to attend a class you have registered for, you must cancel your registration *no less than 3 hours prior to the class*. Cancel your class by doing the following:

1. Log in to Rsconnect using your Gatorlink credentials
2. Click on name in top right corner-select "profile"
3. On left hand side, select "programs"
4. Find class you wish to cancel and select "Cancel".

Absence Penalty Warnings

If a participant fails to attend a class they registered for, does not arrive prior to 5 minutes before class and their spot is forfeited, or arrives after the start time of class, their attendance will be marked as a "no show" and they will receive a penalty warning.

- 1st Offense- Email notification
- 2nd Offense- Email notification
- 3rd+ Offense- Blocked from online registration for 5 business days.

Attendance records reset at the start of each semester.

COVID-19 Information

RecSports Group Fitness COVID-19 prevention procedures have been reviewed and approved by the College of Health, and are in compliance with the [Centers for Disease Control and Prevention](#) and [UF Health](#) recommendations.

To protect the campus community, the following procedures are in place for indoor Group Fitness classes:

- Face Coverings are always required when inside a RecSports facility. This includes before, during, and after class except when actively drinking water.
- Capacities in all Group Fitness classes are lowered to allow for physical distancing between participants.
- Physical distancing (6+ ft.) of participants will be enforced at all times.
- Cleaning procedures have been heightened to ensure each room is thoroughly sanitized after each class. This includes a [Clorox 360®](#) electrostatic machine used on a regular basis in each activity room.

Participants can reach out via email to RSgroupfitness@ufsa.ufl.edu to report any discrepancies with implementation and enforcement of these procedures.

Questions?

If you have questions, please email RSgroupfitness@ufsa.ufl.edu