

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 COVID-19 procedures that are now in place:

- Based on national guidance from the Centers for Disease Control and Prevention (CDC) and in concert with the State University System, face coverings are optional when inside a RecSports facility.
 - While face coverings are optional, we encourage any participants to exercise their right to wear face coverings should they feel inclined.
 - If choosing to wear a face covering, participants are encouraged to take breaks from exercise as needed to acclimate to the challenge of wearing a face covering during exercise.
 - Instructors will regress exercises as needed to accommodate for those who choose to wear a face covering during the class.

- Capacities in all Group Fitness classes will be adjusted in order to allow for physical distancing between participants.
- Physical distancing (6+ ft.) of participants will be encouraged at all times.
- Cleaning procedures are in place to ensure each room is thoroughly sanitized after each class.

Outdoor Classes:

Outdoor classes are hosted at one of two locations: [Maguire Field](#) or [Ben Hill Griffin Stadium](#).

When taking Bootcamp at Maguire Field, go straight to this outdoor location.

When taking Stadium Conditioning at Ben Hill Griffin Stadium, go to [Student Recreation Fitness Center](#) and meet your instructor in the lobby.

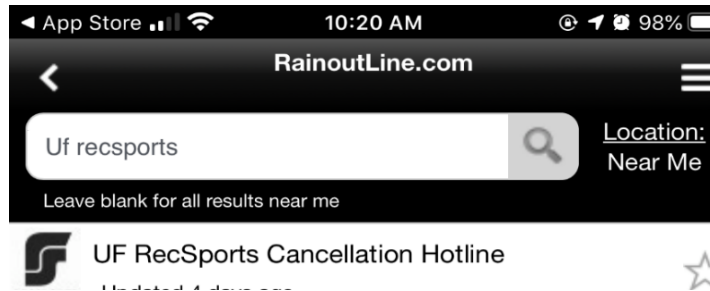
- Based on national guidance from the Centers for Disease Control and Prevention (CDC) and in concert with the State University System, face coverings are optional when taking an outdoor class.
 - While face coverings are optional, we encourage any participants to exercise their right to wear face coverings should they feel inclined.
 - If choosing to wear a face covering, participants are encouraged to take breaks from exercise as needed to acclimate to the challenge of wearing a face covering during exercise.
 - Instructors will regress exercises as needed to accommodate for those who choose to wear a face covering during the class.
- All participants are encouraged to bring a filled water bottle to outdoor classes.
- 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.

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

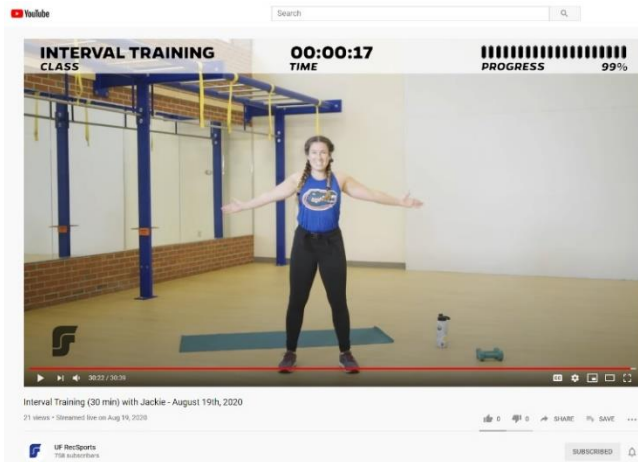
- ii. Once downloaded, open the app and type in 'UF RecSports Cancellation Hotline'.



- 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.

Questions?

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