

The Fitness Workshop – Etiquette Guidelines

CHECK-IN -- For your first-time at TFW we request you arrive 15 minutes before your scheduled class to insure you are comfortable, oriented, properly fitted to the bike and ready to ride. After that, it is recommended you arrive at least ten minutes before class starts to get saddled & situated.

TALK & TEXT -- Cellphones are NOT permitted on the bikes. Unlike Verizon or AT&T, we limit both. Out of respect for your fellow riders, phones should be turned to silent and chatter held to a minimum during class.

TAKE A SEAT -- Reserve a bike online to guarantee a spot in the class. Newbs, don't head straight to the back: Getting a bike up front will make it easier to follow along.

INSIST ON RESISTANCE -- There are no real gears to change, but there is a resistance knob (or computer!). This will control how hard the muscles need to work to increase RPM (that's bike talk for revolutions per minute).

WATER -- After breathing, the next most important thing you need to make it through class is water. Spinning recommends a total of 40 oz. consumed before, during and after class (10 before -20 during -10 after). We encourage all riders to bring your own bottled water, and we also offer complimentary bottled water.

MATS -- We provide mats for your use during Pilates class. Our maximum capacity for this class is 11. If you are wait listing, would like extra cushioning or perspire more than usual please feel free to bring your personal mat.

TOWELS -- While we're on the topic of sweat, let's talk towels. TFW offers premium cotton fitness towels for rider convenience and comfort during class. Of course, you are welcome to bring your own.

KEEP IT CLEAN -- At the end of class please wipe down the cycle area and mats. On the rider side, fresh ride attire & deodorant are appreciated by all.

GOTTA GO -- If you need to leave a class early, please sit in the back. We also ask those who wish to do their own thing and not follow the instructor's designed training session to saddle up in the back row so as not to distract their fellow riders.

WAITLIST -- *How does the waitlist work?* We know the feeling...the class you want is FULL. But have no fear, our waitlist works! As bikes open up, we assign them to customers in order on the waitlist. We continue to automatically add riders from the waitlist to classes up until class time. When you are automatically added, you will receive an email confirmation stating that you have been placed on a bike.

Please note: If a bike becomes available on the day of the class, we will NOT automatically enroll you. We will call or text all waitlisted riders and will only enroll them if they confirm. On the day of the class, it is a first-come, first-served policy. Whomever we speak to first, gets the bike. Also, if we have walk-ins on the day of the class, they will get priority. So it makes sense to SHOW UP to all classes you want to take. There are almost always last minute no-shows and empty bikes. Remember, before you can put yourself on the waitlist, you have to purchase a class (or have a class in your account). If you don't get a bike, the series will be returned to your account for later use. Also, the waitlist works the same as a regular class reservation. If you are scheduled for one class and then receive a bike from the waitlist for another class, you will be charged for both reservations.