Group fit class procedures

Alpine Health & Fitness is a community facility welcoming a broad range of customers. Our wide variety of group fit classes accommodate our diverse customer's preferences and supports our vision; *more people, more active, more often.*

- All group fit classes can be booked online to secure a spot, however walk-ins are welcome The busiest classes are usually RPM, SPRINT, yoga & Pump
- To make an online booking, log in at qldc.govt.nz/recreation/gym-group-fitness
- Select Book Online in the tool bar at the top of the screen. Select Group Fit, then choose your chosen day and class. Please note the earliest time you can book is exactly 24 hours before the class begins. Online bookings close 30 minutes before the class*
- Follow the prompts to make your class booking
- You will receive a confirmation email with a calendar reminder for the class you have booked
- To cancel a booking click on Home in the tool bar and click on edit under the Manage Upcoming Bookings section. Please remember that cancellations are appreciated at your earliest convenience to allow others to take your seat
- * For enquiries made for class space within 30 minutes of the class starting, please phone or come in and see the Customer Service Team
- Got a friend or family member who is keen to join you? Casual customers may also book online by creating an online log-in under the Gym & Group Fitness Timetables section on our website, by clicking the New Customer Register button
- Don't forget to stop by reception *at least 3 minutes* before your class starts to pick up your class entry tag and swipe your card if you're a member or pay if you're casual. Any tags left uncollected 3 minutes before the class starts will be re-issued to the wait list
- 3 or more class 'no shows' within a month could result in a class stand-down period of one month
- Please follow the group fitness instructors instructions throughout the class
- For your first visit to a new class, please arrive 10 minutes early so our instructor can get you set up