

CLASS ETIQUETTE

To ensure we can keep everything running smoothly, we ask that you follow our class etiquette.

Class booking

We advise you book in advance via our app or website. Please adhere to our booking and cancellation policy.

Before class

Notify your instructor if you have a medical condition, injury or are pregnant. Appropriate shoes (where applicable) and clothing must be worn. We strongly advise arriving at least 5 minutes prior to the start time.

Attendance

Please ensure you only attend sessions you are booked onto. Booking and registering your attendance is essential for us to be able to track the success of your favourite sessions.

After class

Please wipe down any equipment you have used, using the products provided. Help us keep this space tidy; by leaving it how you would like to find it.

Running late

If you are running late please note that instructors reserve the right to refuse entry after the warm up or for sessions requiring equipment set up.

Virtual classes

Can't get enough? Browse hundreds of workouts at a time to suit you with our digital offering. To find out more, visit pembrokeshireleisure.co.uk/membership-info/virtual-classes/

FIND OUT MORE ABOUT GROUP EXERCISE AT PEMBROKESHIRE LEISURE HERE.

