

FITNESS ON DEMAND ROOM USAGE

LIVE VS VIRTUAL CLASS

- Live classes take priority in the studio space and Fitness On Demand (FOD) will be unavailable for use at those times.
- FOD times are subject to change and a live class will take priority in a time slot.

SCHEDULED VIRTUAL CLASSES

- During a scheduled virtual class the studio is unavailable for other use and will be unavailable for other activities.
- If a participant does not want to do the format scheduled and there are participant(s) attending the virtual class they may use another part of the studio and play a virtual class of their choosing on the Fitness On Demand App.

NOTE: To be able to use the Fitness On Demand app one must be within 100 feet of the FOD kiosk.

- Once a scheduled FOD virtual class starts playing it will play until completed and is unable to be changed. FOD will be available for use after the scheduled class has completed.

EQUIPMENT

- Equipment for Virtual classes is limited to equipment pieces available in the studio space only.
- Additional equipment located in the storage area is accessible for live classes only.
- If a participant wants to do a particular format, they are welcome to bring their own personal mat or equipment.
- Equipment for FOD use must remain inside the studio.

FOD OPEN TIME

- There will be open times in which the FOD will be available for individual or small group use. These times are subject to change.
- FOD will be unavailable during these open times if a training or event is using the room.
- If using FOD during an open time, usage must end 15 minutes before a live class begins in order for the live class to start on time.
- Notification is posted a week in advance if the studio becomes unavailable due to a training or event.

FEEDBACK

We are interested to hear your feedback. Please fill out a comment card located inside the room by the entrance and place in box.

Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH 

