





JCC Greater
Boston


How to Attend a Group Fitness Class




Make your reservation. Reservations can be made **72 hours in advance**. Reserve using the Mindbody **APP** or **WEBSITE**. **CLICK HERE** for instructions. If you are unable to attend a class, please cancel using the Mindbody app or website to make space for other participants.

Arrive 15-20 minutes before your reservation. Wait in the Basketball Gymnasium and head to the studios 5-10 minutes before your class.

A maximum of eight participants will be permitted per class. This will allow for appropriate physical distancing, as designated by the floor markers.



Face masks are required, including during Group Fitness classes.



Bring your own exercise/yoga mat and other props, as well as a water bottle. Certain items will not be available for use (refer to the class descriptions on Mindbody or on our **WEBSITE** for more information). Water bottles can be filled at our touchless water fill station.

Sanitize all equipment. Use our disinfecting wipes to clean equipment used both before and after class.

Limit personal belongings. Storage areas will be unavailable.

Exit the building after class via the door closest to the bottom of the Wellness Wing stairs.