

Group Ride & Cardio Dance Reservation Guidelines:

Group Ride

- Reservations are made by calling the South front desk at **232-1911**. Start times for calls are according to the class time start:
- Evening classes: Calls start at 9 am the same day of the class
- Morning classes: Calls start at 7 pm the evening prior to the class
- You may make a reservation for yourself and one other person.
- All cancellations must be made at least one hour prior to the class.
- You must be on your bike 5 minutes before the start of the class or the bike may be given away.
- If you make a reservation and do not show up for the class (more than 1 time) you will no longer be able to reserve a bike.

Cardio Dance:

(Registration will start January 11, 2011)

- Registration is available for the Tuesday and Thursday 5:30 pm Cardio Dance classes at North.
- Reservations are made by calling the North front desk at **292-4741** starting at **7:00 am**.
- You may make a reservation for yourself and one other person.
- All cancellations must be made at least one hour prior to the class.
- If you are not present at the start of class, your spot may be filled.
- If you make a reservation and do not show up for the class (more than 1 time) you will no longer be able to reserve a spot.