

Twinsburg

Fitness Center *Ohio*

Silver Sneakers (SS) Classes w/Dionne Notice Effective February 12, 2024

Due to the overwhelming popularity of Dionne's SS Classic and SS Circuit classes we are finding it necessary to make some changes.

- We are adding 4 new classes! Monday, Tuesday, Wednesday and Thursday at 8am!
- Capacity in all of Dionne's classes will be limited to 30 participants. This is for the safety of the participants, the instructor and follows rules established by the Silver Sneakers program.
- **REGISTRATION IS REQUIRED.** Participants may register for each session, online at https://twinsburg.activityreg.com/clientpage_t2.wcs, in person at the fitness center front desk or over the phone by calling 330-405-5757. Our customer service staff is available to help with your registration.
 - o Registration for February 12 – 29, 2024 will begin on Tuesday, February 6, 2024.
 - o After February, sessions will be two months in length (i.e. March/April) and registration will begin on the 15th of the Month prior to the next session, unless the 15th falls on a Sunday, then registration will begin the following business day we are open.

FAQ's

- **What if I am not coming to class?** Please call the fitness center front desk and let the staff know you are not coming. This will leave an opening for someone on the waitlist.
- **What if I didn't register how can I join a class?** Registration for classes will remain open unless we have reached our 30 person capacity. If we have reached our capacity, you may contact the Front Desk to be placed on a wait list. Any members is welcome to come on any day the class is offered and put your name in at the front desk. If there are openings because someone that registered does not show up, you may be allowed to participate in the class, if you are on the list at the Front Desk.
- **How many classes can I register for at one time?** You are eligible to register for each class by session. You may only register for one class per day maximum. Please do not register for a class if you do not plan to attend regularly.

We are here to help, please let us know if you have any questions!!