

Steamboat Fit Policy: Unsanctioned Classes and Instruction

Purpose:

To protect the safety of our members, maintain the integrity of our professional training services, and ensure proper use of the facility and equipment, Steamboat Fit prohibits any form of unsanctioned instruction or group training not authorized by management.

Definition of an Unsanctioned Class:

Any organized or semi-organized workout involving three (3) or more individuals training together within the facility or on Steamboat Fit property, that is not scheduled, approved, or led by a Steamboat Fit staff member or contractor under a current agreement, is considered an *unsanctioned class*.

Prohibited Activities:

Unless expressly approved by Steamboat Fit management, the following activities are not permitted within the facility or on its grounds:

- Providing exercise instruction, coaching, or cueing to another individual or group.
- Designing or delivering workout programming for other members or guests.
- Leading others in group workouts, circuits, or partner sessions.
- Demonstrating or explaining the use of exercise equipment to another individual outside of normal peer-to-peer interaction.
- Accepting payment, trade, or other compensation for any form of instruction or coaching conducted at Steamboat Fit.

Who May Instruct or Coach:

Only individuals who are currently employed by or under contract with Steamboat Fit as a certified personal trainer, group fitness instructor, or coach — and who have been scheduled and approved by management — may provide instruction or programming to members or guests.

Member-to-Member Interaction:

We encourage a supportive community environment; casual encouragement or friendly conversation among members is welcome. However, this does not extend to providing structured instruction, training plans, or exercise guidance.

Consequences of Violation:

Any member, guest, or outside individual found leading or participating in an unsanctioned class or providing instruction without authorization may face one or more of the following actions:

- Immediate termination of facility use privileges or membership
- Revocation of guest access
- Denial of entry to future classes or events
- Potential financial liability for damages or insurance violations resulting from unauthorized instruction

Reporting and Enforcement:

Members and staff are encouraged to report any suspected unsanctioned instruction to management. All reports will be handled confidentially and with discretion.

Acknowledgment:

By using Steamboat Fit facilities, all members and guests agree to comply with this policy and understand that it is in place to ensure a safe, professional, and positive training environment for everyone.