

# BATTLESTATIONS 360

## Rules of Engagement

When the **BLUE LIGHT** is on, BattleStations 360 is in session! You can jump in at any time after you read our Rules of Engagement. Our instructors will also coach you through each station and help ensure you maintain proper form.

- 1 You must be 18 years or older in order to join this class.
- 2 Boxing gloves are required for select stations. Participants are strongly encouraged to purchase their own boxing gloves to use during the class. However, gloves and wraps will be available for use during trial periods.
- 3 All participants must wait in the designated "On Deck" area until an instructor directs them to a station.
- 4 While in the "On Deck" area, participants are encouraged to warm-up via shadow boxing.
- 5 Participants will move through the BattleStations 360 circuits in a clock-wise, sequential order. Each area is identified with the station number and suggested exercise listed underneath.
- 6 This is a whole-body, circuit-based workout program. Participants must move continuously through BattleStations without repeating stations regardless of the number of participants in the training area.
- 7 Participants must alert the instructor if exercises at specific stations need to be changed to accommodate physical limitations or prior injuries.
- 8 Participants must exit the training area after completing one full circuit of the BattleStations 360 when the "On Deck" area has participants waiting.
- 9 Participants may do more than one full circuit of the BattleStations 360 if the class is not full and there is no one waiting "On Deck."
- 10 Upon completion of the circuit, please move to the "On Deck" area to cool down and stretch.
- 11 Participants are strongly encouraged to keep their face mask on during the class.
- 12 You must comply with all of the Rules of Engagement listed above in order to access this class.