

OUTDOOR CLASSES

WHAT DO I NEED TO KNOW

- Please bring along proof of booking, without this you will not be able to participate
- Please check meeting points for your session
- Please arrive 5 minutes before the session is due to start - anyone arriving late will not be allowed to participate
- Please do not bring any equipment with you except for a mat
- No equipment will be issued or used in outdoor sessions
- Please keep personal belongings to a minimum. Wirral Leisure take no responsibility for loss or damage to personal belongings
- Wear weather appropriate clothing and training shoes – the instructor will have the right to refuse admittance to outdoor sessions
- Ensure you are fit and well and have read the exercise disclaimer
- Maintain social distancing at all times and ensure good hand hygiene