How to Register for Classes
All classes (except ‘Drop-In’) classes are available for pre-registration via the member services office or by online registration at playrecsports.msstate.edu.

1. **Registration for each class ends at 5pm, the day before the class**
2. Each course requires at least 1 pre-registration in order for the class to run and to guarantee a spot in the class
3. All AMPED paid participants are allowed to drop-in to any class without registration, however, the participant runs the risk of not being allowed access to class if the class is full or if there were no pre-registrations

Rules
1. Bring your student ID or AMPED card to every class
2. Purchased passes maybe applied to any scheduled times outside of designated personal training times
3. **LIMIT OF TWO CLASSES PER DAY**
4. Come hydrated and stay hydrated
5. Please bring a towel for each workout
6. Same attire rules apply as in 1\textsuperscript{st} and 2\textsuperscript{nd} floor fitness areas
7. Maximum lifts allowed in are 315 lbs.
8. Intentional dropping or slamming of equipment is prohibited (ROGUE Plyo-boxes will be used for any bumper lift that requires a drop)

FOR A TOUR OF ROOM ASK A LEAD TRAINER ON DUTY IN S.A.C. ROOM