

Exercise Release Time

If you are attending any group fitness class or organized physical activity event during your scheduled lunch hour on Grand Valley's campus or a nearby facility, with supervisor approval, you may add up to an additional one half hour of work time to the lunch hour workout to allow you time to freshen up before returning to work. This can be utilized twice a week upon supervisor approval. For further information contact Lindsey DesArmo at 331-2215.

FAQ's

Q: I want to participate in a spinning class over the noon hour what does this mean?

A: It means you can use up to an additional 1/2 hour after the spinning program ends to freshen up and return to work. The same would be true for an exercise class right before work. Remember that you need to review and have this approved by your supervisor.

Q: Is this a new policy?

A: This policy is not a new policy but a restatement of a prior one regarding fitness classes.

Q: I work on the downtown campus, does this policy apply to classes offered at the YMCA or other nearby clubs?

A: Yes. This applies to scheduled classes offered off the GVSU campus.

Definitions:

Group Fitness class: A class organized at a specific time for a group of individuals to work out together. Formats may include but are not limited to SPINNING®, Water Aerobics, Toning, mind and body (Yoga/Pilates), Kickboxing and dance.

Organized Physical Activity: A fitness event set to begin at a specific time which requires physical exertion by the individual. Formats include but are not limited to, running/walking clubs or sessions, weight training clinics or drop in athletic events organized by a fitness club or the university during the lunch period.