

# FAQ

## Fitness & Facts Initiative “FFI”

### **1. Can anyone join FFI?**

Participants must be 21 years of age and affiliated with the with North Western Medicine & Chicago Cancer Initiative.

### **2. How often must I work out to maintain my membership ?** Participants must work out at least once per week

### **3. Is registration required to take a class?**

Yes, Registration is required for all fitness classes.

Registration closes once class begins, if you do not register in advance, you will not be permitted to class

4o, But you must show your class confirmation to gain access to your class.

### **5. What class are offered?**

Afro Beats, Kickboxing, Low impact, Full Body Workout, Soul Fusion, Body Weight & Flexibility, Cycle, and Zumba