

## Reserving a Class

Reserve the group fitness class of your choice through our online schedule. This will ensure you have a dedicated spot in our upcoming class offerings and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation.

## Reserve Your Spot

Mon 03/01	Tues 03/02	Wed 03/03	Thurs 03/04	Fri 03/05	Sat 03/06	Sun 03/07
<b>Chair Yoga</b> 9:30am-10:20am Colleen Geary Studio 2   Mind & Body <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>HIIT</b> 6:00am-6:50am Sara H. Studio 2   Cardio & Strength <a href="#">Description</a>   <a href="#">Sign Up</a> 10 SPOTS LEFT	<b>Y Cycle</b> 6:00am-6:50am Cathy P. Studio 1   Cardio <a href="#">Description</a>   <a href="#">Sign Up</a> 10 SPOTS LEFT	<b>HIIT</b> 6:00am-6:50am Sara H. Studio 2   Cardio & Strength <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Total Body Sculpt</b> 8:30am-9:20am Angie V. Studio 2   Strength <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>HIIT</b> 8:30am-9:20am Melanie I. Studio 2   Cardio & Strength <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Bootcamp</b> 3:30pm-4:20pm Abby H. Outside   Cardio & Strength <a href="#">Description</a>
<b>Pilates</b> 10:30am-11:20am Colleen Geary Studio 2   Low Impact <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Functional Fitness</b> 9:30am-10:20am Fran P. Studio 2   Low Impact <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Total Body Sculpt</b> 8:30am-9:20am Angie V. Studio 2   Strength <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Functional Fitness</b> 9:30am-10:20am Fran P. Studio 2   Low Impact <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Zumba (basic)</b> 9:30am-10:20am Angie V. Studio 2   Cardio <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Yin Yoga</b> 9:30am-10:20am Lynn S. Studio 2   Mind & Body <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	
<b>Y Strong</b> 11:30am-12:20pm Paige S. Studio 2   Cardio & Strength <a href="#">Description</a>   <a href="#">Sign Up</a> 10 SPOTS LEFT	<b>Yoga Flow</b> 10:30am-11:20am Stormi N. Studio 2   General <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Fit-4-Ever</b> 9:30am-10:20am Angie V. Studio 2   Low Impact <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Silver Sneakers Classic</b> 10:30am-11:20am Angie V. Studio 2   Low Impact <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Fit-4-Ever</b> 10:30am-11:20am Angie V. Studio 2   General <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT		
<b>Upper Body Blast</b> 4:30pm-5:20pm Sara H. Studio 2   Cardio & Strength <a href="#">Description</a>   <a href="#">Sign Up</a> 10 SPOTS LEFT	<b>Y Cycle</b> 11:30am-12:20pm Sara H. Studio 1   Cardio <a href="#">Description</a>   <a href="#">Sign Up</a> 9 SPOTS LEFT	<b>Dance &amp; Burn</b> 10:30am-11:20am Angie V. Studio 1   Cardio <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Yoga Flow</b> 11:30am-12:20pm Stormi N. Studio 2   Mind & Body <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT	<b>Dance &amp; Burn</b> 11:30am-12:20pm Angie V. Studio 2   Cardio <a href="#">Description</a>   <a href="#">Sign Up</a> 12 SPOTS LEFT		

**Step 1:** View our schedule on the website

**Step 2:** Filter based on your preferences

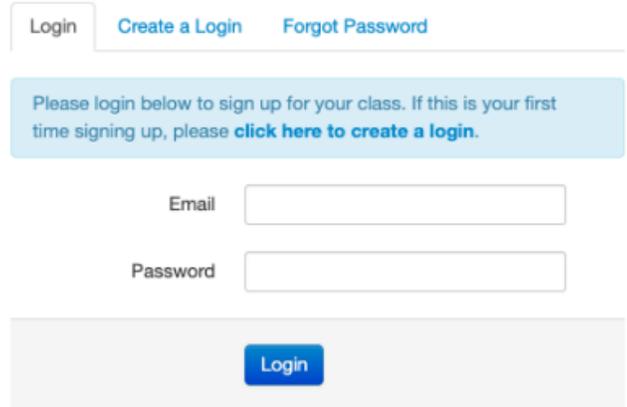
**Step 3:** Select the 'Sign Up' link to reserve your spot

**Step 4:** Log in or create an account to reserve your spot

\*In any case you have issues, feel free to see our front desk for assistance

## Reserved a class before?

Log in using your email address and previously established password. Should you see an error message, select the "Forgot password?" link and reset your password. That reset will go to your email and provide instructions.



Buttons: Login, Create a Login, Forgot Password

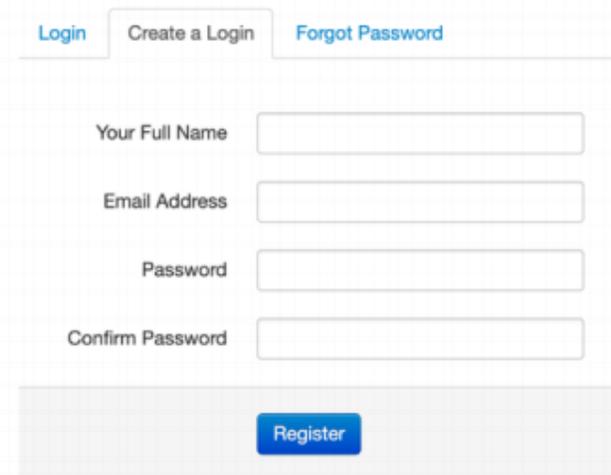
Please login below to sign up for your class. If this is your first time signing up, please [click here to create a login](#).

Email

Password

Login

## Never used the reservation feature?



Buttons: Login, Create a Login, Forgot Password

Your Full Name

Email Address

Password

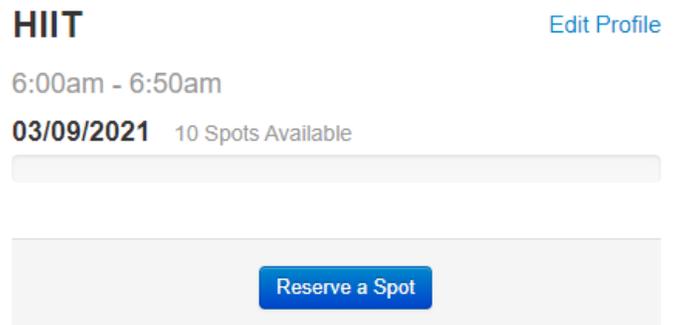
Confirm Password

Register

Register using your name, email address, and password of choice. Registering for classes through GroupEx Pro is secure. Your account information will never be shared, and you will not be subscribed to receive promotional or marketing related emails. The only emails you will be eligible to receive are reservations-based communications.

## Step 5: Reserve Your Spot

In this step, you will see the amount of spots available in the class, title of the class you are registering for and date & time that the class takes place.



HIIT [Edit Profile](#)

6:00am - 6:50am

03/09/2021 10 Spots Available

Reserve a Spot

## Step 6: Receive Email Confirmation

After you have successfully reserved a spot in your desired class, you will receive an email confirming your spot. **Be sure to check your junk/spam folder for you confirmation!**

Hi Sara Hendrix,

You have reserved a space in the following class:

Class: HIIT  
Date: 03/09/2021  
Time: 6:00am  
Studio: Studio 2

## Join the Waitlist

If a class is full when you go to reserve a spot, add yourself to the waitlist for a chance to get added to the exercise class if another participant drops out.

**Step 1:** Select 'Join the Waitlist'

**Step 2:** Confirm you are on the Waitlist

There are two ways to confirm you are on the waitlist.

1. Check for a green notice that will populate once you have successfully been added to the waitlist.
2. Check your inbox for an email notifying you that you have been successfully added to the waitlist.

### Indoor Cycling

5:45am - 6:30am

04/30/2020 0 Spots Available

You are now on the wait list.

You are on the wait list for this class.  
[Cancel Wait List](#)

## Cancel Your Reservation

If you cannot make it to a class after you have reserved your spot, be sure to locate the class you signed up for in your online schedule and cancel the reservation.

**Step 1:** Locate your online schedule and specifically the class you signed up for.

### HIIT

[Edit Profile](#)

6:00am - 6:50am

03/09/2021 9 Spots Available

You are currently signed up to attend this class.  
[Cancel Reservation](#)

**Step 2:** Select the reservation icon or 'Sign Up' by the appropriate class that you would like to cancel your reservation for.

**Step 3:** Select the 'Cancel Reservation' hyperlink to successfully cancel your reservation or waitlist request.

**Step 4:** Confirm Cancellation: You will receive a green or red notice on your screen when your reservation has been cancelled and a confirmation email as well.

## Reservations not open yet?

If you go to reserve a spot in a class and the reservation has not opened, you will see a notice of the exact dates that the desired class will be open for reservations.

### HIIT

6:00am - 6:50am

03/09/2021 10 Spots Available

Your sign up has been cancelled.

Reserve a Spot

### Yoga

9:06am - 10:06am

05/01/2020 20 Spots Available

This class is not yet available for sign-up. The sign-up for this class starts on 05/01/2020 at 8:06am.

Current time: 04/28/2020 2:49pm