

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
Chair Yoga 9:30am-10:20am Colleen Geary Studio 2 Mind & Body Description Sign Up 12 SPOTS LEFT	HIIT 6:00am-6:50am Sara H. Studio 2 Cardio & Strength Description Sign Up 10 SPOTS LEFT	Y Cycle 6:00am-6:50am Cathy P. Studio 1 Cardio Description Sign Up 10 SPOTS LEFT	HIIT 6:00am-6:50am Sara H. Studio 2 Cardio & Strength Description Sign Up 12 SPOTS LEFT	Total Body Sculpt 8:30am-9:20am Angie V. Studio 2 Strength Description Sign Up 12 SPOTS LEFT	HIIT 8:30am-9:20am Melanie I. Studio 2 Cardio & Strength Description Sign Up 12 SPOTS LEFT	Bootcamp 3:30pm-4:20pm Abby H. Outside Cardio & Strength Description
Pilates 10:30am-11:20am Colleen Geary Studio 2 Low Impact Description Sign Up 12 SPOTS LEFT	Functional Fitness 9:30am-10:20am Fran P. Studio 2 Low Impact Description Sign Up 12 SPOTS LEFT	Total Body Sculpt 8:30am-9:20am Angie V. Studio 2 Strength Description Sign Up 12 SPOTS LEFT	Functional Fitness 9:30am-10:20am Fran P. Studio 2 Low Impact Description Sign Up 12 SPOTS LEFT	Zumba (basic) 9:30am-10:20am Angie V. Studio 2 Cardio Description Sign Up 12 SPOTS LEFT	Yin Yoga 9:30am-10:20am Lynn S. Studio 2 Mind & Body Description Sign Up 12 SPOTS LEFT	
Y Strong 11:30am-12:20pm Paige S. Studio 2 Cardio & Strength Description Sign Up 10 SPOTS LEFT	Yoga Flow 10:30am-11:20am Stormi N. Studio 2 General Description Sign Up 12 SPOTS LEFT	Fit-4-Ever 9:30am-10:20am Angie V. Studio 2 Low Impact Description Sign Up 12 SPOTS LEFT	Silver Sneakers Classic 10:30am-11:20am Angie V. Studio 2 Low Impact Description Sign Up 12 SPOTS LEFT	Fit-4-Ever 10:30am-11:20am Angie V. Studio 2 General Description Sign Up 12 SPOTS LEFT		
Upper Body Blast 4:30pm-5:20pm Sara H. Studio 2 Cardio & Strength Description Sign Up 10 SPOTS LEFT	Y Cycle 11:30am-12:20pm Sara H. Studio 1 Cardio Description Sign Up 9 SPOTS LEFT	Dance & Burn 10:30am-11:20am Angie V. Studio 1 Cardio Description Sign Up 12 SPOTS LEFT	Yoga Flow 11:30am-12:20pm Stormi N. Studio 2 Mind & Body Description Sign Up 12 SPOTS LEFT	Dance & Burn 11:30am-12:20pm Angie V. Studio 2 Cardio Description Sign Up 12 SPOTS LEFT		

Step 1: View our schedule on the website

Step 2: Filter based on your preferences

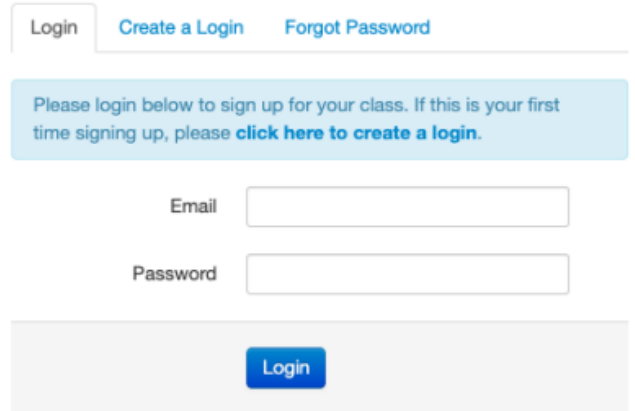
Step 3: Select the 'Sign Up' link to reserve your spot

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.



Login [Create a Login](#) [Forgot Password](#)

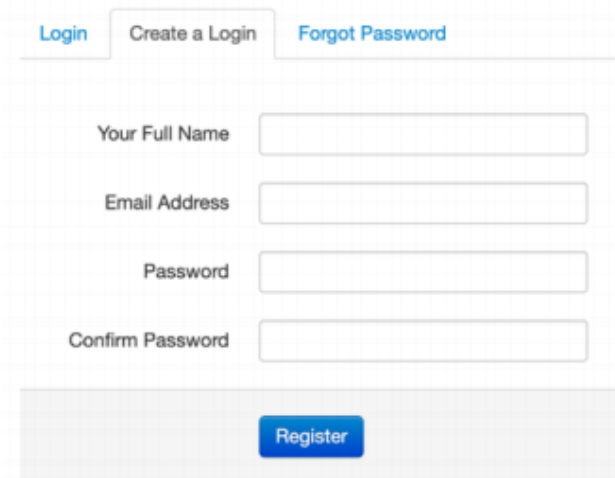
Please login below to sign up for your class. If this is your first time signing up, please [click here to create a login](#).

Email

Password

[Login](#)

Never used the reservation feature?



[Login](#) [Create a Login](#) [Forgot Password](#)

Your Full Name

Email Address

Password

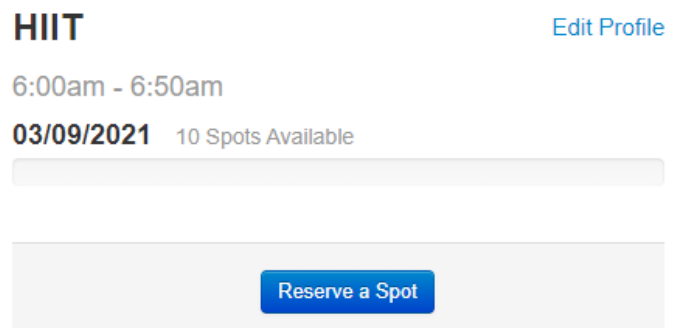
Confirm Password

[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