

# Group Exercise Reservation System via website—EXAMPLE ONLY

## STEP 1-

- Go to [ymcacw.org](http://ymcacw.org)
- Click “locations” - drop down to Sherwood
- Click “schedules”
- Scroll down to find the class sign up

## STEP 2

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the Y

Classes marked with a require a reservation

[category] ▾

Sherwood Regional Family YMCA ▾

[class name] ▾

[instructor] ▾

**Sat 10/10**

Time: 9:30am-10:25am

Title: REV+FLOW by REFIT®

Instructor: Brenda C.

Studio: Teen Center/Outside(based on weather)

Category: Strength

Location: Sherwood Regional Family YMCA

Description | **Sign Up**

15 SPOTS LEFT

## STEP 3A - log in , if needed

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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

Home Locations Favorites

## STEP 3B - Or create an account

## STEP 4— click “reserve a Spot”

## STEP 5—confirmation email will be sent

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Login Create a Login Forgot Password

First Name

Last Name

Email Address

Password

Confirm Password

Register

Home Locations Favorites

503 Cardio Edit Profile

Groove® | Dance Fit

6:00pm - 6:50pm

10/13/2020 5 Spots Available

Reserve a Spot

Logout (Tracy Quirk)

Home Locations Favorites

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503 Cardio Edit Profile

Groove® | Dance Fit

6:00pm - 6:50pm

10/13/2020 4 Spots Available

You have reserved a spot in the class.

You are currently signed up to attend this class. Cancel Reservation

Logout (Tracy Quirk)

Home Locations Favorites