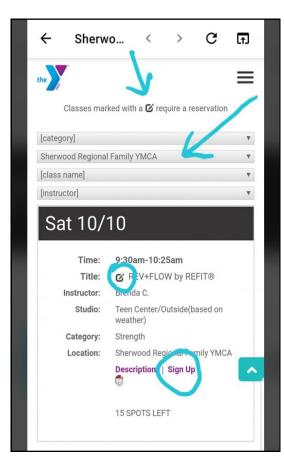
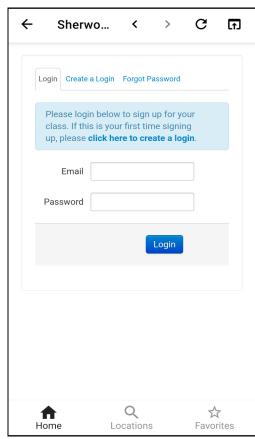
STEP 1-

- -Go to ymcacw.org
- -Click "locations" drop down to Sherwood
- -Click "schedules"
- -Scroll down to find the class sign up

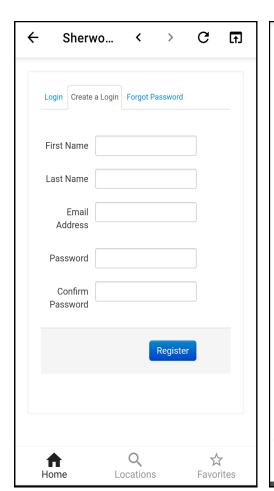
STEP 2

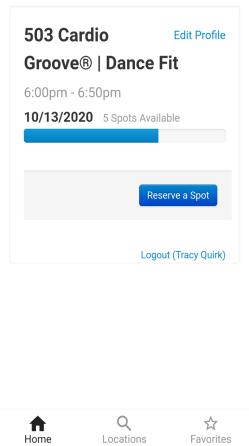


STEP 3A - log in , if needed



STEP 3B - Or create an account STEP 4— click "reserve a Spot"





STEP 5—confirmation email will be sent

← Sherw	/o <	>	G	(f)
503 Cardio Edit Profile				
Groove® Dance Fit				
6:00pm - 6	5:50pm			
10/13/202	20 4 Spots <i>i</i>	Available		
You have reserved a spot in the class.				
You are currently signed up to attend this class. Cancel Reservation				
Logout (Tracy Quirk)				
Home	Q Location	S	☆ Favorit	es