How To Cancel Registration for a Fitness Class

1. Go to the Rec Services Fitness Classes Page – www.recservices.iastate.edu/fitness/classes

2. Scroll down to the schedule of fitness classes:

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
<tbody>
<tr>
<td>MAY 23</td>
<td>MAY 24</td>
<td>TODAY</td>
<td>MAY 26</td>
<td>MAY 27</td>
<td>MAY 28</td>
<td>MAY 29</td>
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- **Cross Training Fitness**
  - Cross Training Fitness
  - 6:30 - 7:20 AM | BEYER 2420 | LVL 3
  - Challenge both your strength and cardiovascular abilities by executing various functional movements at high intensities. This class will involve weightlifting, rowing, pushing, pulling, throwing and more. Each workout is set up to encourage you to work hard and achieve your own personal best

- **Sunrise Yoga**
  - Sunrise Yoga
  - 7:00 - 7:50 AM | STATE 2218 | LVL 1
  - Ease into your day with progressive yoga movements that activate your flexibility and breathing for a positive start to the day

- **Barre**
  - Barre
  - 12:10 - 12:50 PM | STATE 2218 | LVL 2
  - A muscle-toning class that utilizes a ballet barre for many of the exercises. Muscular endurance will be challenged by very high reps and low weights with a goal of fatiguing all major muscle groups for a full body workout. See you at the barre

3. Click on the day of the week for your class.
4. Click on the name of the class for which you had registered and would like to cancel.
5. Click on the register button.
6. Click on “LOG IN” in the top right corner of the page.

LOG IN SCREEN:

7. If you are an Iowa State University Student, Faculty, or Staff click the red box to log in with your NET ID.
If you are an Alumni Member, Affiliate, Retiree, Spouse or Dependent choose ‘LOCAL’ and log in here with your Username and Password. This would have been sent via an email from Recreation Services to those with current memberships prior to May 31, 2018. If you purchase a membership after June 1, 2018 please select “To request an online account please click here.”
8. Click on your “USERNAME” in the top right corner of the page.

9. Click on “Profile” in the top right corner, after clicking your username.
10. Select “Programs” from the list on the left of the page.

11. Find the class you are looking to cancel and select the three dot icon on the far right.
12. Select the “Cancel Registration” option for the class you would like to cancel your registration.

13. Select “YES, CANCEL REGISTRATION” to confirm.
14. The status will show “CANCELLED” next to the class. You have now cancelled your registration and can log out.