

How To Register 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:

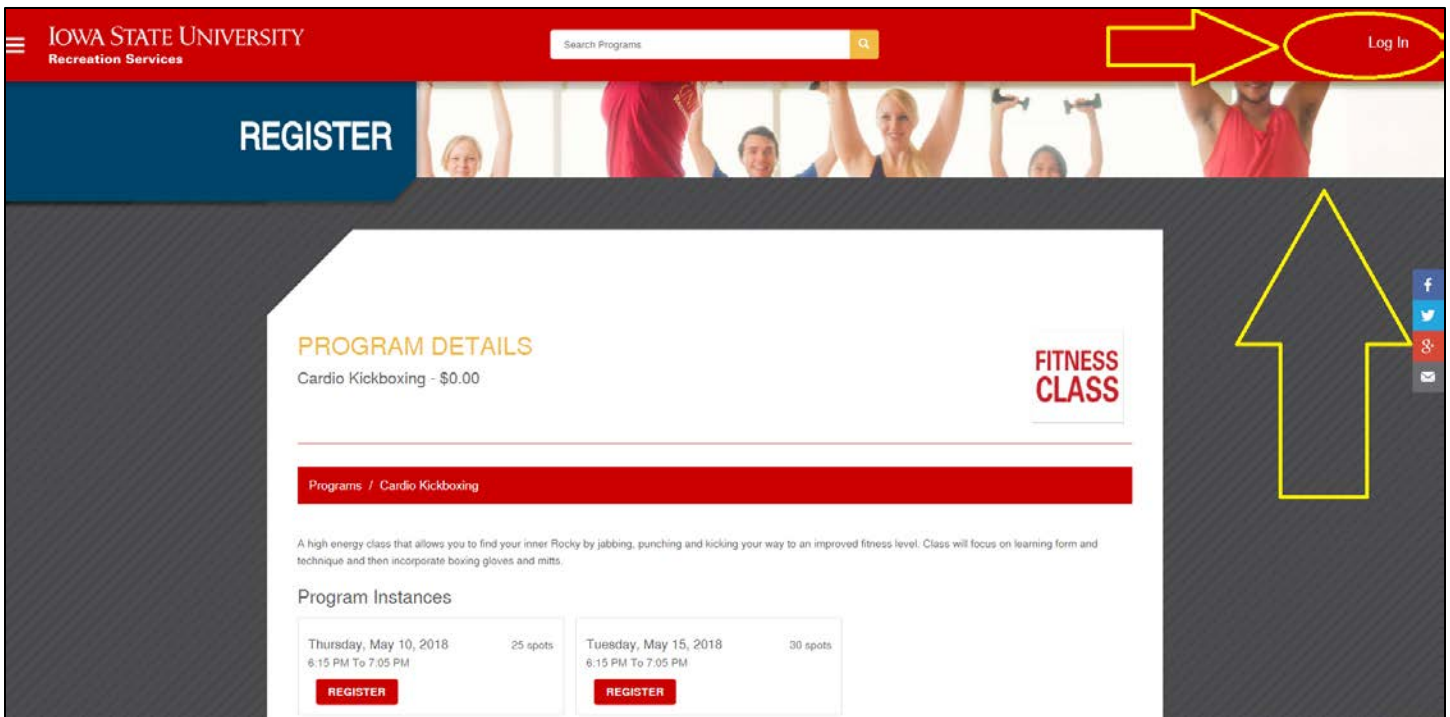
Fall 2018 Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:20 AM	BOXING CIRCUIT		▼ MALLORY/KYRA		LVL 3	LIED COURT 9
7:00 - 7:50 AM	SUNRISE YOGA		▼ MEGAN S.		LVL 1	STATE 2218
12:10 - 12:50 PM	AQUA CIRCUIT		▼ CORRINE		LVL 1	STATE POOL
12:10 - 12:50 PM	BARRE		▼ AMBER		LVL 2	STATE 2121
12:10 - 12:50 PM	CYCLONE CIRCUIT		▼ SHARICE		LVL 2	BEYER 2420
12:10 - 12:50 PM	DANCE PARTY		▼ CHLOE		LVL 1	STATE 2218
4:15 - 5:05 PM	CYCLE FIT		▼ LAUREN		LVL 1	STATE 2185
4:30 - 5:20 PM	SCULPT & TONE		▼ MANDI		LVL 1	STATE 2218
4:30 - 5:20 PM	BARRE		▼ OLIVIA		LVL 2	STATE 2121
5:15 - 6:05 PM	CYCLE FIT		▼ AMBER		LVL 1	STATE 2185
5:15 - 6:05 PM	YOGA FLOW		▼ TASHA		LVL 1	STATE 2112
5:30 - 6:20 PM	KETTLEBELLS		▼ KATIE		LVL 1	STATE 1218
5:30 - 6:20 PM	HIP HOP		▼ WHITNIE		LVL 1	STATE 2218
5:30 - 6:20 PM	AQUA DEEP		▼ ALEXA		LVL 2	STATE POOL
5:30 - 6:20 PM	PILATES		▼ OLIVIA		LVL 1	STATE 2121
5:30 - 6:20 PM	BOXING CIRCUIT		▼ LEAH/CAM		LVL 3	LIED COURT 9

3. Click on the day of the week of the class for which you'd like to register.

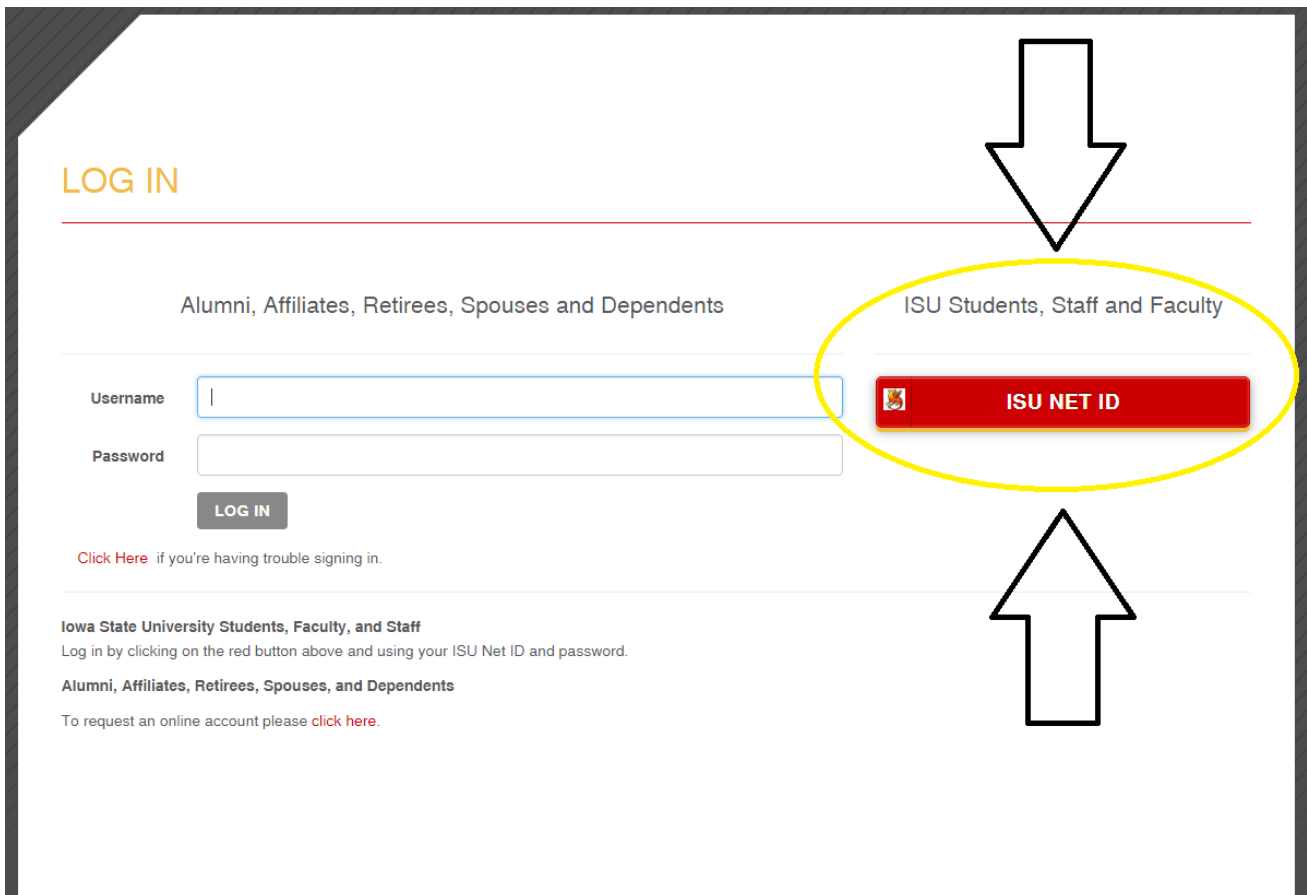
4. Click on the name of the class for which you'd like to register.

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.

LOG IN

Alumni, Affiliates, Retirees, Spouses and Dependents

ISU Students, Staff and Faculty

Username

Password

LOG IN

[Click Here](#) if you're having trouble signing in.

Iowa State University Students, Faculty, and Staff
Log in by clicking on the red button above and using your ISU Net ID and password.

Alumni, Affiliates, Retirees, Spouses, and Dependents
To request an online account please [click here](#).

If you are an Alumni Member, Affiliate, Retiree, Spouse or Dependent 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.”

PROGRAM DETAILS

Cardio Kickboxing - \$0.00

NO IMAGE AVAILABLE

Programs / Cardio Kickboxing

A high energy class that allows you to find your inner Rocky by jabbing, punching and kicking your way to an improved fitness level. Class will focus on learning form and technique and then incorporate boxing gloves and mitts.

Program Instances

<p>Thursday, May 10, 2018</p> <p>6:15 PM To 7:05 PM</p> <p>26 spots</p> <p>REGISTER</p>	<p>Tuesday, May 15, 2018</p> <p>6:15 PM To 7:05 PM</p> <p>30 spots</p> <p>REGISTER</p>
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8. Click on “REGISTER” for the class instance (date) that you plan to attend.

Please review/provide following information

Fitness Class Check-In Guidelines

Check-in for this class begins 10 minutes before the start of the class. At 3 minutes before the start of the class, if class registration is full any reserved spots that have been unclaimed will be given to drop-ins in the waiting line at the door, so please be sure to arrive before then. Thank you!

CANCEL

ADD TO CART

- Review the fitness class check-in guidelines and select "ADD TO CART".

SHOPPING CART

Ashley Artist

O-10411

Item	Customer Name	Quantity	Unit Price	Total	
Program: Cardio Kickboxing	Ashley Artist	1	\$0.00	\$0.00	REMOVE

Subtotal: \$0.00

Tax: \$0.00

Total: \$0.00

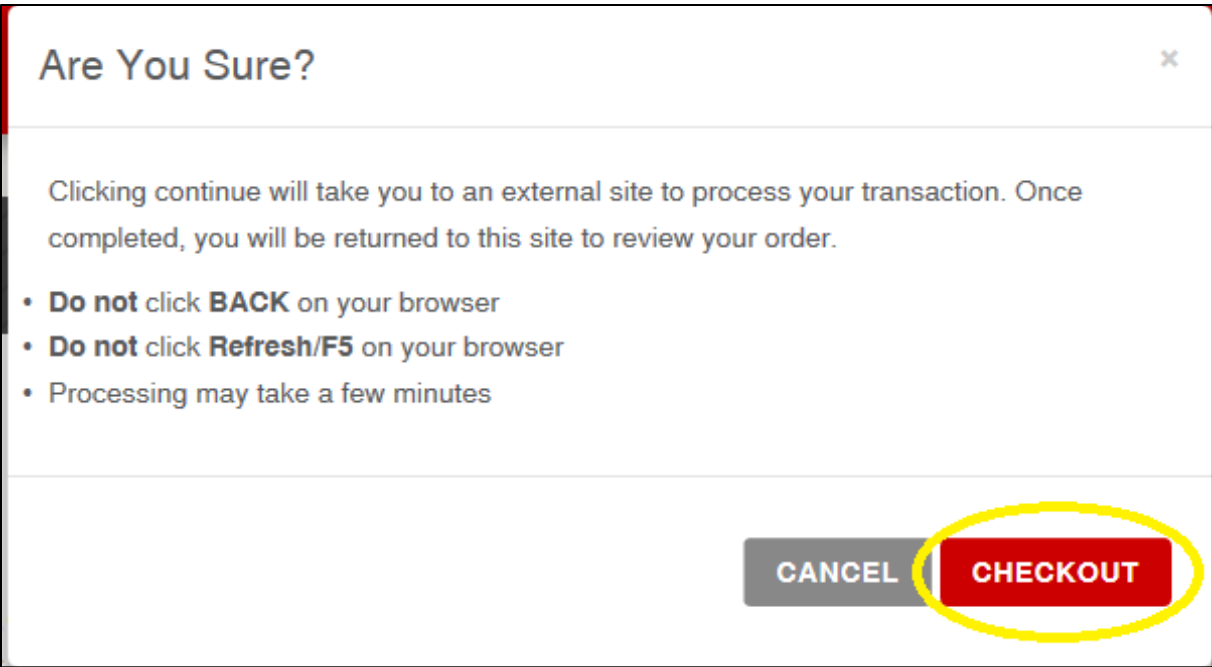
[CONTINUE SHOPPING](#)

[CHECKOUT](#)

Refund Policy

Participants enrolled in a program or class may transfer or withdraw until 7 days prior to the program start date. Transfers or refunds within 7 days, but before, the program start date will only be issued if a waiting list is active for the program and must be authorized by the Program Coordinator. Once the program has begun only a pro-rated credit will be issued. Programs, camps or classes may be cancelled if minimum registration numbers are not obtained prior to the start date. In this case a full refund will be issued. If a class is cancelled by Organization Name, or due to weather it will be rescheduled at the next available time.

- Select the "CHECKOUT" button to complete registration. Fitness classes are still free as part of your gym membership – the cost will say \$0.00.



11. Select the “CHECKOUT” button again on the pop-up. Again, there is no fee for the classes but the system functions the same for all transactions. This will finalize your registration for the class.

YOUR ORDER WAS PROCESSED SUCCESSFULLY

Payment was Successful
A receipt has been sent to you.

Ashley Artist O-10411

Item	Customer Name	Quantity	Unit Price	Total
Program: Cardio Kickboxing	Ashley Artist	1	\$0.00	\$0.00

CONFIRMATION

Subtotal:	\$0.00
Tax:	\$0.00
Total:	\$0.00

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12. The final screen will be a Confirmation Page. You will also be sent an email confirming you are registered for the class. When you arrive to class the instructor will have your name on their roster and manually check you in. Your ISU card is still needed to check into the building, but not into the class.

ISU - Recreation Services

2642 Union Drive, 1180 State Gym, Ames, Iowa, 50011

515-294-4980

Program Registration Confirmation

Ashley Artist

[REDACTED]
[REDACTED]

Program Registration Information

Order #: O-10383
Registration #: R-10070
Total Before Tax: \$0.00
Date/Time Registered: 5/9/2018 10:22:42 AM
Program Name: Cardio Kickboxing
Program Code:
Program Description: A high energy class that allows you to find your inner Rocky by jabbing, punching and kicking your way to an improved fitness level. Class will focus on learning form and technique and then incorporate boxing gloves and mitts.
Offering/Instance: Tue, May 8 2018 6:15 PM to 7:05 PM
Offering Notes:

Schedule

Summary	Date	Time	Location
	Tue, Apr 24 2018	6:15 PM - 7:05 PM	State Gym 2218

Payment

13. Check your email account for a class registration confirmation.