

RESERVATION SYSTEM

GROUP EXERCISE CLASSES AND COACHING CONNECTION

Some classes require a reservation to hold a spot. Please refer to the group exercise calendar to see which classes require a reservation. Coaching Connection is a free program to help you set personal wellness goals. You'll meet one-on-one with a Y Wellness Coach and create a customized workout plan. To sign up for group exercise classes or to schedule a Coaching Connection appointment:

- Go to www.ymcawnc.org/schedules
- Find the center you are interested in and click on the blue Group Exercise or Coaching Connection button.
- Click "Sign Up" on the class or program you would like to reserve.
- New users: Click "Create a Login." Please include your phone number after your name. For example, "Jane Doe 828 555 1212."
- Enter your email address and choose a password.
- Click "Register." You will see "Your Account has been created. Please log in below."
- Log in to your account and you will see "Reserve A Spot." Click this and your reservation is made.
- Each time you log into this system you will use your email address and password to book an appointment or spot in class.

For Group Exercise

- Find the day and class you are looking for either by scrolling through the schedule or by using the drop-down menu filters at the top left of the Group Ex Pro schedule.
- Classes that require a reservation will have an icon and are highlighted in light yellow.