How to Register For a Group Fitness Class- updated website 2024

1. On the Student Health & Wellness homepage, select "Recreation".
After selecting "Recreation", a dropdown will appear. Once the drop down appears, select "Fitness".

Scroll down to the "Group Fitness Classes" section and select "Register for a class".

Group Fitness Classes

Elevate fitness with our diverse classes! Iowa State Recreation Services offers cycling, yoga, barre, kickboxing, cross training, and HIIT classes. Fitness classes are offered at no additional charge to Recreation Services members. Advanced registration required for participation.

Register for a Class

View Full Spring 2024 Schedule

Fitness Class FAQs
Once you are taken to the registration page, you can select the drop down to choose which date you would like to register for a class.

As the drop-down appears, select the date you wish to view.
Scroll through the fitness classes until you find your desired class. Then, select the "REGISTER" button.

**Cycle Fit**
6:30 - 7:20 AM | State 2185 | LVL 2 | Brianna R.
Learn the indoor cycling techniques of riding flats and hills to build lower body strength and endurance. Cardiovascular fitness level. The energy is high and music is motivating. A great low impact fitness option.

**HIGH Fitness**
7:00 - 7:50 AM | Beyer 3430 | LVL 2 | Lauren B.
HIGH fitness is a high energy, intense, choreographed workout that is easy to follow. It will give you an INTENSITY, CARDIO and PLYOMETRICS AND CARDIO workout all in one fun and upbeat class!

Across from the date and time that you plan to register for, click "SIGN IN". If you are already signed in, skip to step 10.

**SELECT DATE & TIME**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Sign In</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE, MAR 13</td>
<td>7:20 AM</td>
<td>State Gym 2185</td>
<td>$0.00</td>
<td>SIGN IN</td>
</tr>
<tr>
<td>WED, MAR 20</td>
<td>7:20 PM</td>
<td>State Gym 2185</td>
<td>$0.00</td>
<td>SIGN IN</td>
</tr>
</tbody>
</table>
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, log in here with your Username and Password.

Click the "back" button twice to return to the class page, and repeat steps 6 & 7.
10  Click "select" across from the class with the date and time you want to register for.

Once selected, click "REGISTER" at the bottom of the screen.
Select "Pay in full" and then select "NEXT" to proceed.

Select the “PROCEED TO CHECKOUT” button to complete registration. Fitness classes are still free as part of your gym membership – the cost will say $0.00.
Verify that you have selected the correct class, time, and date. Click the “CHECKOUT” button to complete registration. Fitness classes are still free as part of your gym membership – the cost will say $0.00.

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.
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.