

Fitness First: How to Make a Reservation for Group Exercise Classes

GENERAL

Reservations are **REQUIRED** to attend all in-person and livestream group exercise classes

MAKE A CLASS RESERVATION

Step 1: Click [here](#) for the schedule.

Use the criteria options to filter the calendar down to find what you are looking for

Mon	Tues	Wed	Thurs	Fri	Sat
FITNESS Fitness Center 6:00am-7:30am Staff Fitness Center General Description Sign Up 10 SPOTS LEFT	FITNESS Fitness Center 6:00am-7:30am Staff Fitness Center General Description Sign Up 5 SPOTS LEFT	FITNESS Fitness Center 6:00am-7:30am Staff Fitness Center General Description Sign Up 13 SPOTS LEFT	FITNESS Fitness Center 6:00am-7:30am Staff Fitness Center General Description Sign Up 15 SPOTS LEFT	Track Reservation 6:00am-7:30am Staff Indoor Track General Description Sign Up 4 SPOTS LEFT	FITNESS Fitness Center 7:00am-8:30am Staff Fitness Center General Description Sign Up 24 SPOTS LEFT
Track Reservation 6:00am-7:30am Staff Indoor Track General Description Sign Up 3 SPOTS LEFT	Track Reservation 6:00am-7:30am Staff Indoor Track General Description Sign Up WAITLIST ONLY	Track Reservation 6:00am-7:30am Staff Indoor Track General Description Sign Up 4 SPOTS LEFT	Track Reservation 6:00am-7:30am Staff Indoor Track General Description Sign Up 3 SPOTS LEFT	Fitness Center 6:00am-7:30am Staff Fitness Center General Description Sign Up 9 SPOTS LEFT	Track Reservation 7:00am-8:30am Staff Indoor Track General Description Sign Up 13 SPOTS LEFT
LIVE Core Live Stream 7:30am-8:30am KC B. Virtual Description Sign Up 14 SPOTS LEFT	Conditioning 7:30am-8:30am Harnett K. Group Fitness Studio Flexibility/Stretching Description Sign Up 1 SPOT LEFT	LIVE Core Live Stream 7:30am-8:30am KC B. Virtual Description Sign Up 14 SPOTS LEFT	Fitness Center 8:00am-9:30am Staff Fitness Center General Description Sign Up 21 SPOTS LEFT	Conditioning 7:30am-8:30am Jaini A. Group Fitness Studio Group Strength Description Sign Up 1 SPOT LEFT	TBS (Total Body Strength) 7:30am-8:30am KC B. Group Fitness Studio Group Strength Description Sign Up 3 SPOTS LEFT
TBS (Total Body Strength) 7:30am-8:30am KC B. Group Fitness Studio Group Strength Description Sign Up WAITLIST ONLY	Conditioning Live Stream 7:30am-8:30am Harnett K. Virtual Description Sign Up 19 SPOTS LEFT	Core 7:30am-8:30am KC B. Group Fitness Studio Group Strength Description Sign Up 3 SPOTS LEFT	Track Reservation 8:00am-9:30am Staff Indoor Track General Description Sign Up 13 SPOTS LEFT	Conditioning Live Stream 7:30am-8:30am Jaini A. Virtual Description Sign Up 17 SPOTS LEFT	TBS Live Stream 7:30am-8:30am KC B. Virtual Description Sign Up 17 SPOTS LEFT

Step 2: Once you find your class, register!

To register for a class, click on “sign up” on the time and day you would like to take that class.

Core
7:30am-8:30am
KC B.
Group Fitness Studio | Group Strength
Description | **Sign Up** | 5 SPOTS LEFT

For your first reservation, you will be asked to create an account and sign in.

Close X

Login **Create a Login** Forgot Password

Please login below to sign up for your class. If this is your first time signing up, please [click here to create a login](#).

Email

Password

Login

Close X

Login Create a Login Forgot Password

First Name

Last Name

Email Address

Password

Confirm Password

Register

Once you have created your account you will be able to register for the class time

Close X

Core Edit Profile

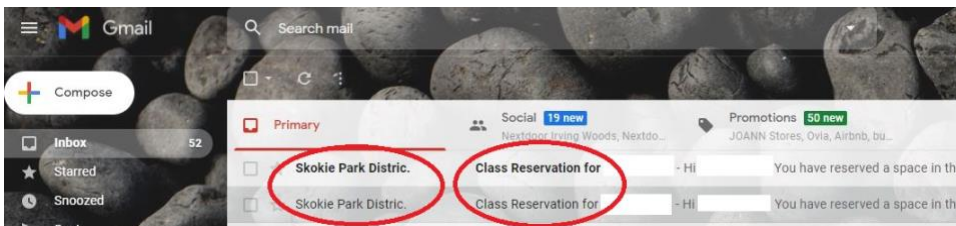
8:30am - 9:30am

04/04/2021 9 Spots Available

Reserve a Spot

Logout (Mary Amato)

Step 3: Check your email for reservation confirmation



An email confirmation will be sent to the email linked to your log-in account. In case the confirmation email goes to your junk/spam mailbox, please approve emails coming from no_response@groupexpro.com

VIRTUAL CLASS SIGN-UP & LOG-IN

Step 1: Follow the above steps to reserve a virtual class

Step 2: Check your email for a reservation confirmation email

This email will contain a Zoom link and passcode needed to attend the virtual class. Link and passcode are subject to change

You have reserved a space in the following virtual class:

Class: TBS Live Stream
Date: 10/24/2020
Time: 7:30am
Studio: Virtual

To access the virtual class please visit:

<https://skokieparks.zoom.us/j/85259360138?pwd=MEZDREU4ZXhZYWUwZ2hnUWdHSE1mdz09>

Additional information regarding virtual class:

Passcode 122093

Should you need to cancel your reservation, please [click here](#).

Thanks and we'll see you soon!
GXP

WARNING: This email was sent from GroupEx PRO. Please do not reply to this email. If you have questions, please reach out to the club's Group Fitness Manager.

Step 3: Click link, enter passcode and exercise!

On occasion emails do not receive confirmation emails due to internet providers changing spam filter settings. The park district is attempting to do what to decrease the instances of this happening. In the meantime, please check your spam/trash mailboxes and approve emails coming from no_response@groupexpro.com.

If you still have issues getting into your call the Weber desk at 847-674-1500 x3500 to have the link and passcode sent to you.

WAITLISTS

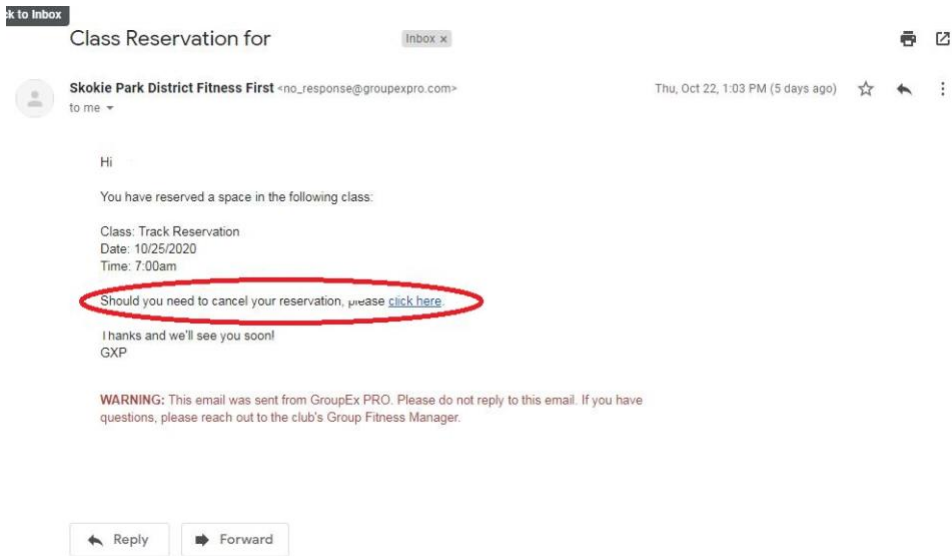
If a class is full you will be placed on a waitlist. Should someone cancel you will automatically be sent an email confirming that you have been moved into that class.

CANCELLING A RESERVATION

No problem, but cancellation is required! Members are encouraged to cancel no less than 8 hours prior to your reservation start time to allow spots to open for other members.

There are two options to cancel group fitness classes:

Option 1: Go into your confirmation email and cancel reservation



Option 2: Go back into the [schedule](#) , find your reservation/class, click on the sign-up icon again and this will give you the option to cancel.



A confirmation email will be sent confirming the cancellation.

This information will be updated frequently: Last updated 4/1/21

Please contact Jennie Bever at JBever@skokieparks.org with any additional questions.

Thank you.