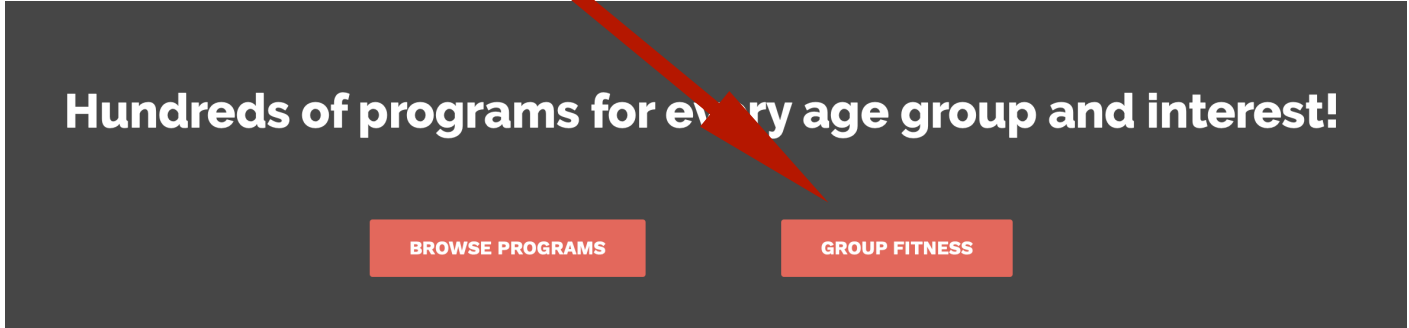


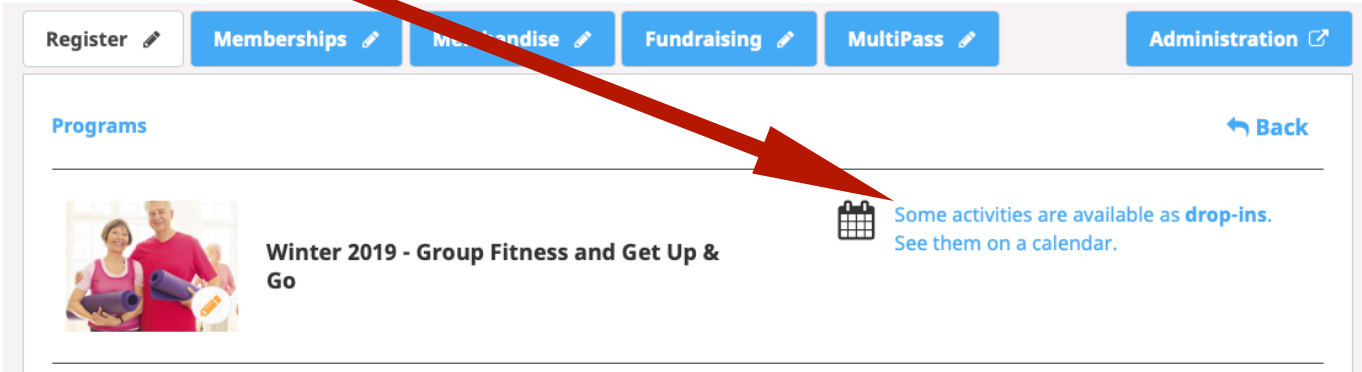
How to: Book a Fitness Class

To Book Your Class

1. Go to *GNAG.ca*
2. Click on the **red Group Fitness** button below the large photo on the home page.



3. Open the *Calendar* menu option by clicking the *Blue* "some activities are available..."

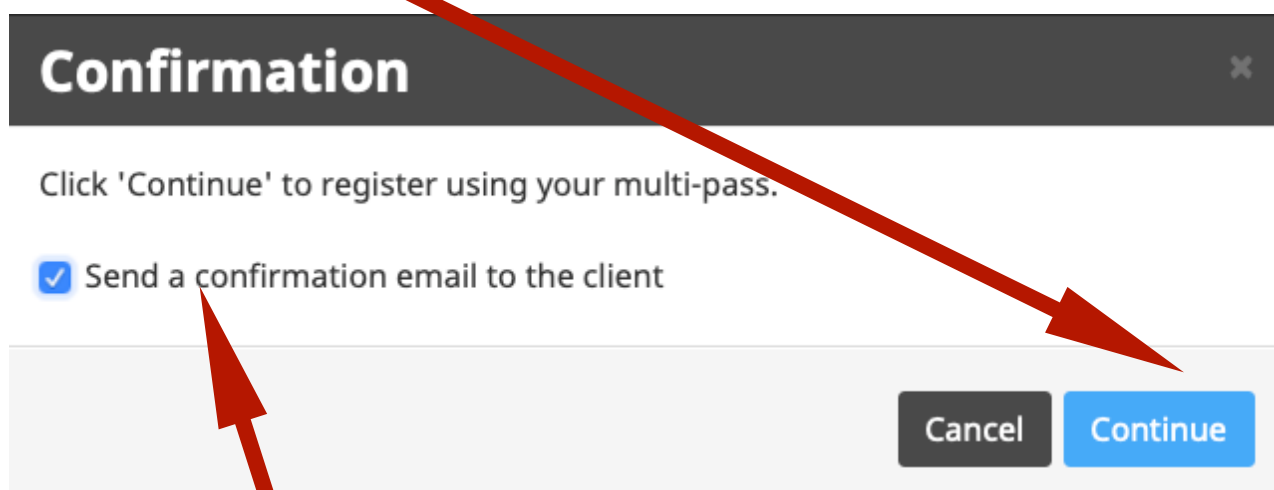
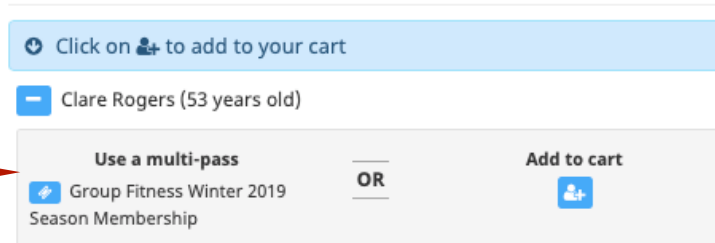


4. Have a look at the calendar view and choose a class with a **+** sign. A class with a **✓** means you are already booked in.

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
	FITXpress - Monday 6:15 am - 7:00 am Glebe CC Dance Stu.	TMC - Tuesday 8:30 8:30 am - 9:25 am Glebe CC Dance Stu.	FITXpress - Wednesday 6:15 am - 7:00 am Glebe CC Dance Stu.	TMC - Thursday 8: 8:30 am - 9:25 am Glebe CC Dance Stu. ✓ \$15.31	FITXpress - Friday: 6:15 am - 7:00 am Glebe CC Dance Stu. + \$15.31	Variety - Saturday 9:00 am - 9:55 am Glebe CC Dance Stu. + \$15.31
	TMC - Monday 8:30 8:30 am - 9:25 am Glebe CC Dance Stu.	Movement is Medi 9:30 am - 10:25 am Glebe CC Dance Stu.	CSI - Wednesday 8 8:30 am - 9:25 am Glebe CC Dance Stu.	Zumba - Thursday 9:30 am - 10:25 am Glebe CC Dance Stu. + \$15.31	TMC - Fridays 8:30 8:30 am - 9:25 am Glebe CC Dance Stu. + \$15.31	
	Half N Half - Monday 9:30 am - 10:25 am Glebe CC Dance Stu.	Yoga: Group 10:30 am - 11:25 am Glebe CC Dance	Half N Half - Wednesday 9:30 am - 10:25 am Glebe CC Dance Stu.	Get Up & Go - Tai C 10:30 am - 11:30 am Lord Lansdowne Re +	Half N Half - Friday 9:30 am - 10:25 am Glebe CC Dance Stu. ✓ \$15.31	
	Low, Strength & St 10:30 am - 11:25 am Glebe CC Dance Stu.	Get Up & Go - Wall 1:30 pm - 2:30 pm The Villaglia; 480 M	Low, Strength & St 11:00 am - 11:55 am Glebe CC Dance Stu. + \$15.31	*FREE Get Up & Go 10:30 am - 11:30 am Chartwell Lord Lans +	Movement is Medi 10:30 am - 11:25 am Glebe CC Dance Stu. ✓ \$14.16	
	CSI - Monday 6:00 6:00 pm - 6:55 pm Glebe CC Dance Stu.	*FREE Get Up and 1:30 pm - 2:30 pm The Villaglia; 480 M	Yoga Stretch: Group 1:00 pm - 1:55 pm Glebe CC Dance Stu. + \$14.16	*FREE Get Up & Go 2:00 pm - 3:00 pm The Glebe Centre, A +		
	Hatha Yoga: Group 7:00 pm - 7:55 pm Glebe CC Dance Stu.					

5. Each time you start this process (open your computer) you will be asked to log-in with your *email* and *password*. (NOTE: if you already have an Amilia account, please do not create a new one, you can contact GNAG to check.) Please save your password. Once logged in, you can continue to choose classes. Once you have logged in you can continue to choose classes.
6. If you have tickets, only book a class if you are sure you can attend.
7. It now asks if you will be using your multi-pass or add to cart.
8. Multi-pass is for Memberships (which is unlimited) or 10 ticket pass.
9. Click *Continue*.



10. UNclick this button if you do NOT want to receive an email for every class.
11. Click *Close*
12. Click *Continue shopping* and choose another date and time.
13. Keep scrolling down to access more dates.