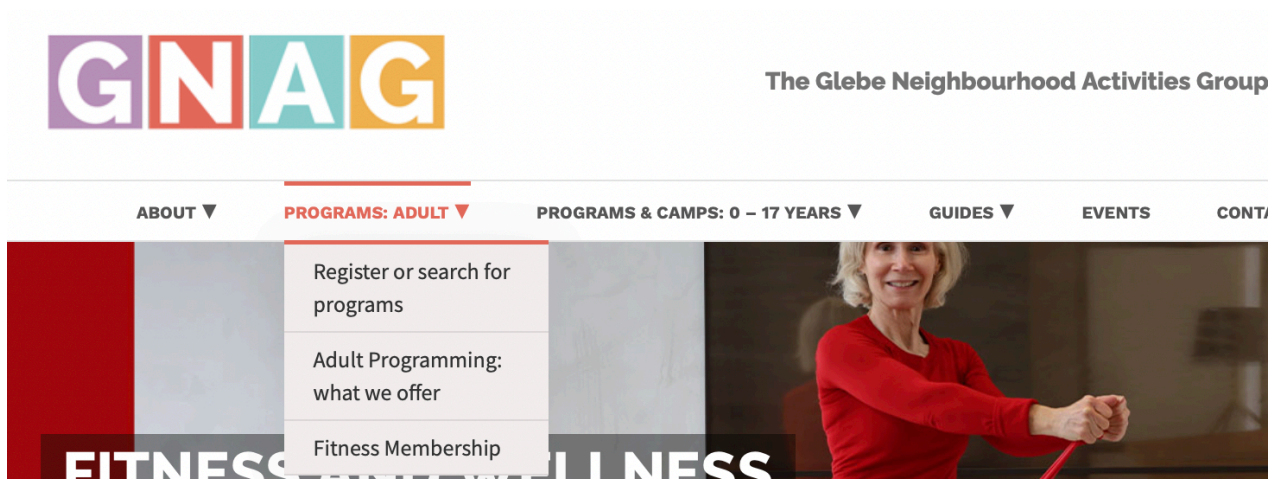


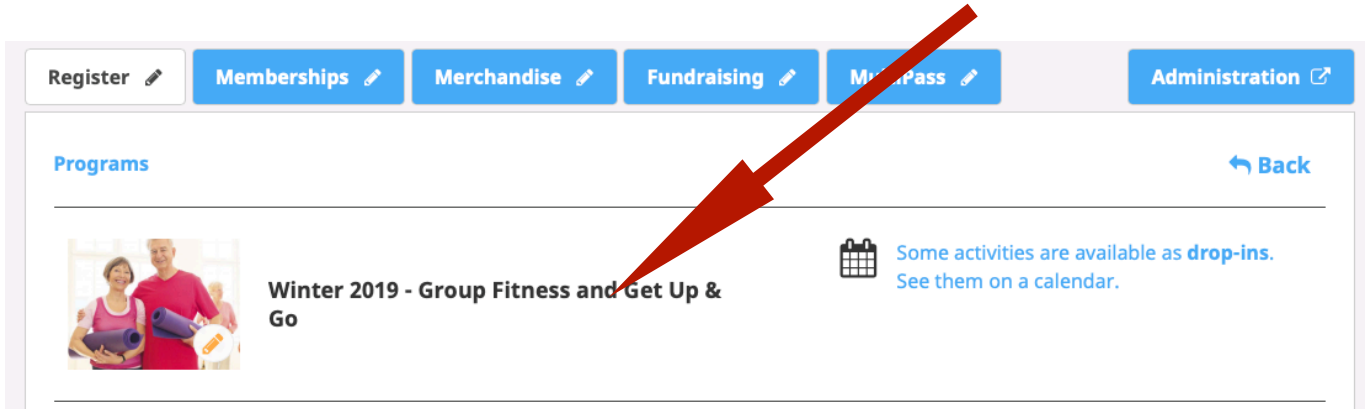
How to: Book a Fitness Class

To Book Your Class

1. Go to GNAG.ca
2. Move your cursor over *Programs: Adult* and click on *Register*.



3. Find the *Fitness Program* for the season you are interested in.



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.

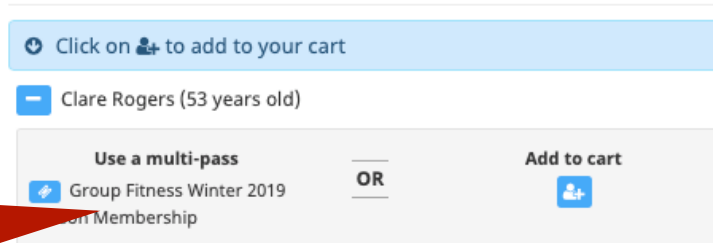
< > today Dec 12 - 18, 2021 month week List

Sun 12/12	Mon 12/13	Tue 12/14	Wed 12/15	Thu 12/16	Fri 12/17	Sat 12/18
	8:15 am - 9:00 am HIRT M/W/F 8:15AM Glebe CC Dance Studi	8:15 am - 9:00 am TMC Tu/Th 8:15AM - Glebe CC Dance Studi	8:15 am - 9:00 am HIRT M/W/F 8:15AM Glebe CC Dance Studi	8:15 am - 9:00 am TMC Tu/Th 8:15AM - Glebe CC Dance Studi	8:15 am - 9:00 am HIRT M/W/F 8:15AM Glebe CC Dance Studi	9:15 am - 10:00 am CSI or TMC Saturday Glebe CC Dance Studi + \$16 14/14
	9:15 am - 10:10 am Hi-Low Strength! M Glebe CC Dance Studi	9:15 am - 10:10 am CSI Tu/Th 9:15AM - 1 Glebe CC Dance Studi	9:15 am - 10:10 am Hi-Low Strength! M Glebe CC Dance Studi	9:15 am - 10:10 am CSI Tu/Th 9:15AM - 1 Glebe CC Dance Studi	9:15 am - 10:10 am ZUMBA Fridays 9:15 Glebe CC Dance Studi	
	10:30 am - 11:25 am Vinyasa Yoga M/W 1 Glebe CC Dance Studi	10:30 am - 11:25 am Hatha & ELDOA Begi Glebe CC Dance Studi	10:30 am - 11:25 am Vinyasa Yoga M/W 1 Glebe CC Dance Studi	10:30 am - 11:25 am BodyMoves Thursda Glebe CC Dance Studi	10:30 am - 11:25 am Slow Flow Yoga Frid: Glebe CC Dance Studi + \$16 13/14	
	6:00 pm - 6:55 pm Hatha Yoga with Git The Glebe Communit					

5. Once you click a class, 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.

6. If you have tickets, only book a class if you are sure you can attend.

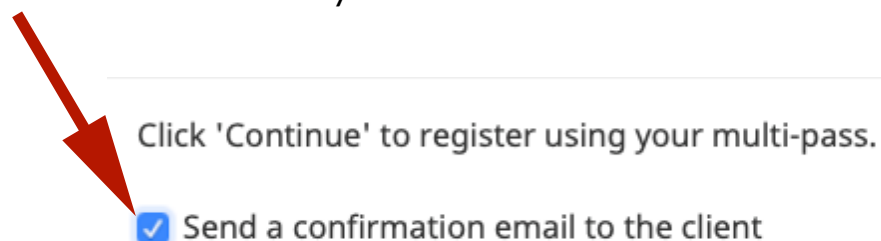
7. Now click on your multi-pass or add to cart. Do **not** click on your name.



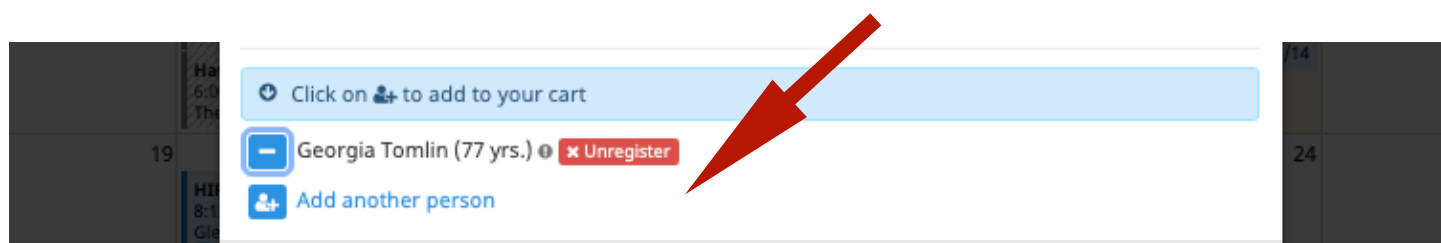
8. Click *Continue*.



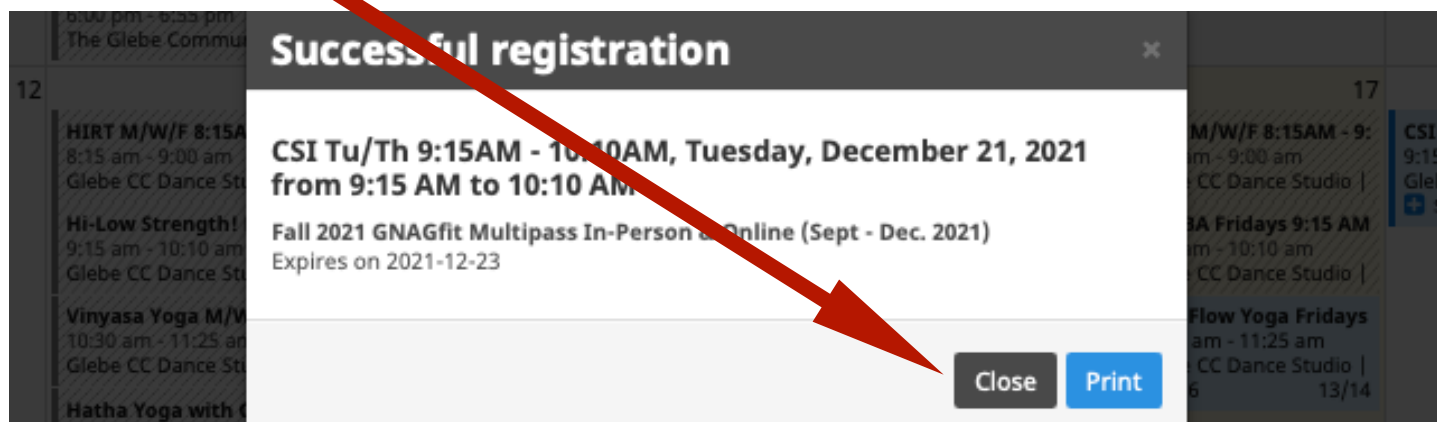
9. UNclick this button if you do NOT want to receive an email for every booking.



10. If you want to withdraw from a class, click on the desired calendar item that has a green checkmark. It will open an image like the one below, click on the **RED Unregister** button. If it's too close to the start time, you will have to contact info@gnag.ca to do this.



11. Click *Close*



12. Click *Continue shopping* and choose another date and time. You can book one week in advance.

13. Keep scrolling down to access more dates until you have all the classes booked you need.

Contact info@gnag.ca or 613-233-8713 if you have any questions.