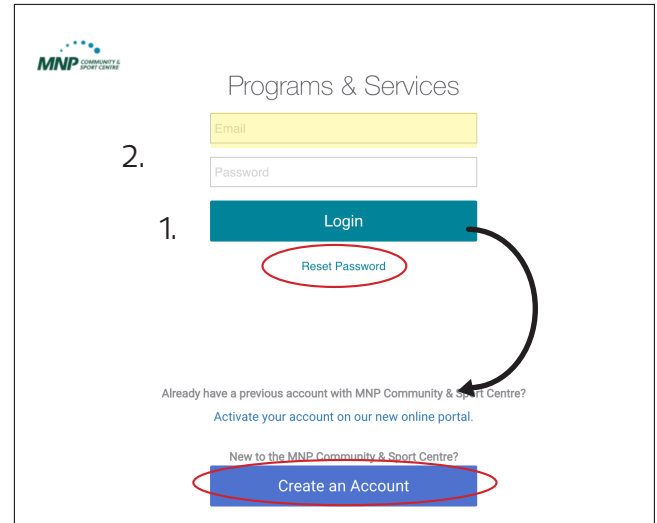


ONLINE PORTAL TUTORIAL

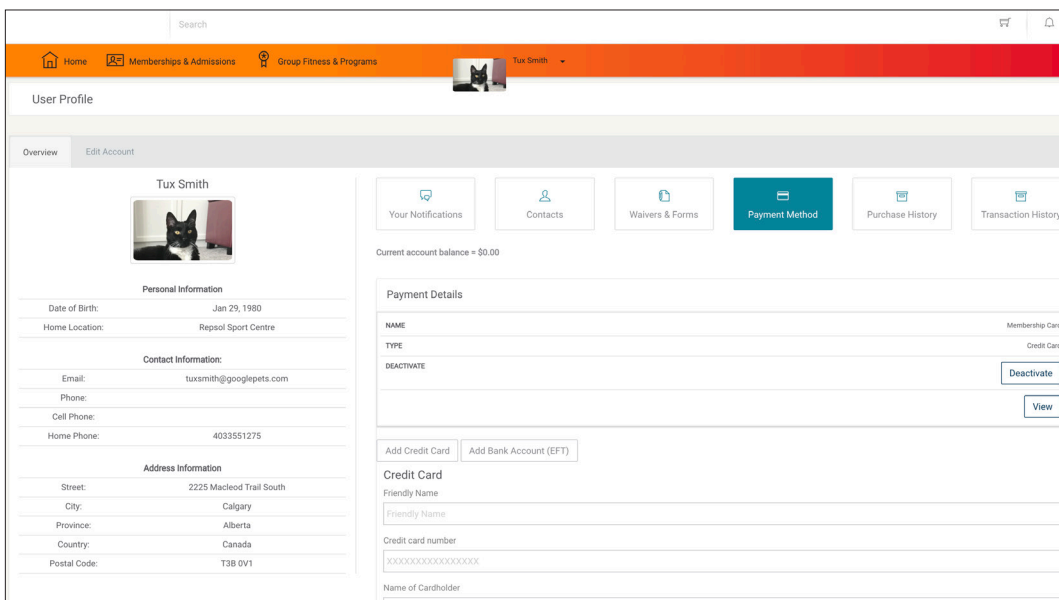
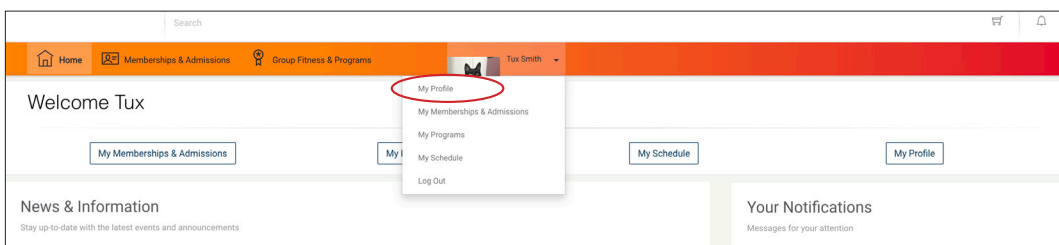
You can activate your account by clicking on the Group Fitness or Program Registration link on the home page of our website.

1. If you **have** visited us before, enter your email that is associated with your account and click 'reset password'.
2. If you **have never** visited us, click 'Create an Account'.



Once in the Portal you can completely customize your profile to fit you and your family's needs!

You can view your notifications, edit and add contacts, review waivers and forms, add or edit credit card and EFT banking information as well as review purchase and transaction history.



Registration for programs and Group Fitness is a breeze in our new and improved customer portal!
 You can register for your favourite Group Fitness class or an upcoming Sport Camp for your child in 4 easy steps!

Click on the Program/Group Fitness Class you are wanting to register for. Click Register, choose the family member you'd like to register, add to cart and check out.

And Keeping the entire family organized is simple. View your (and family member) schedule in one spot.