

Reservations

What are reservations?

- All Group Exercise classes are now complimentary to your Y membership. Rather than registering and paying for a seven-week block of classes each session, you can now reserve a spot in classes you wish to attend on a weekly basis.
- Reservations open exactly one week prior to the class time.
(Example: Monday Cycling at 5:00 p.m. will open for reservations at exactly 5:00 p.m. the Monday before the class meets.)
- Members can reserve a spot up to two hours before the scheduled start time of a class if spots are available. If no spots are available, you will be waitlisted and notified if/when another member cancels their reservation.
- We ask that if you reserve for a class you are unable to attend, you can cancel your reservation at least 2 hours before the scheduled class time to allow ample time for waitlisted members to be notified.

GROUP EX



Registrations

How has registration changed?

This change is only affecting our group exercise programs. Swim lessons, sports, gymnastics, martial ways and dance will still all follow our seven-week registration model.

**ALL OTHER
PROGRAMS**



Reservations

What classes need reservations?

BodyCore	Mobility Flow Pilates	Yoga for Athletes
Boot Camp	Morning Yoga	Chair Yoga
Booty and Abs Blast	Move and Groove	Iyengar Yoga
Cardio Karate	Moving for Better Balance	Slow Flow Yoga
Crossfire	Pedaling for Parkinsons	Vinyasa Yoga
Conditioning for Life	Power Lunch	Yin Yoga
Outdoor Cycling	Rise and Shine	Zumba
Studio Cycling	Senior Fitness	
Express Cycling	Stretch & Core	
Enhance Fitness	TaiChi	
Flow & Restore	TRX	
Flow, Flex, & Firm	WERQ	
KettleBells	Winter Walking Group	

Registrations

What programs do I register for?

Aquatics	Dance	Karate
Adult Sports	Day Camp	Sports
Youth Sports	Fencing	Workshops
Camp AGQ	Gymnastics	