

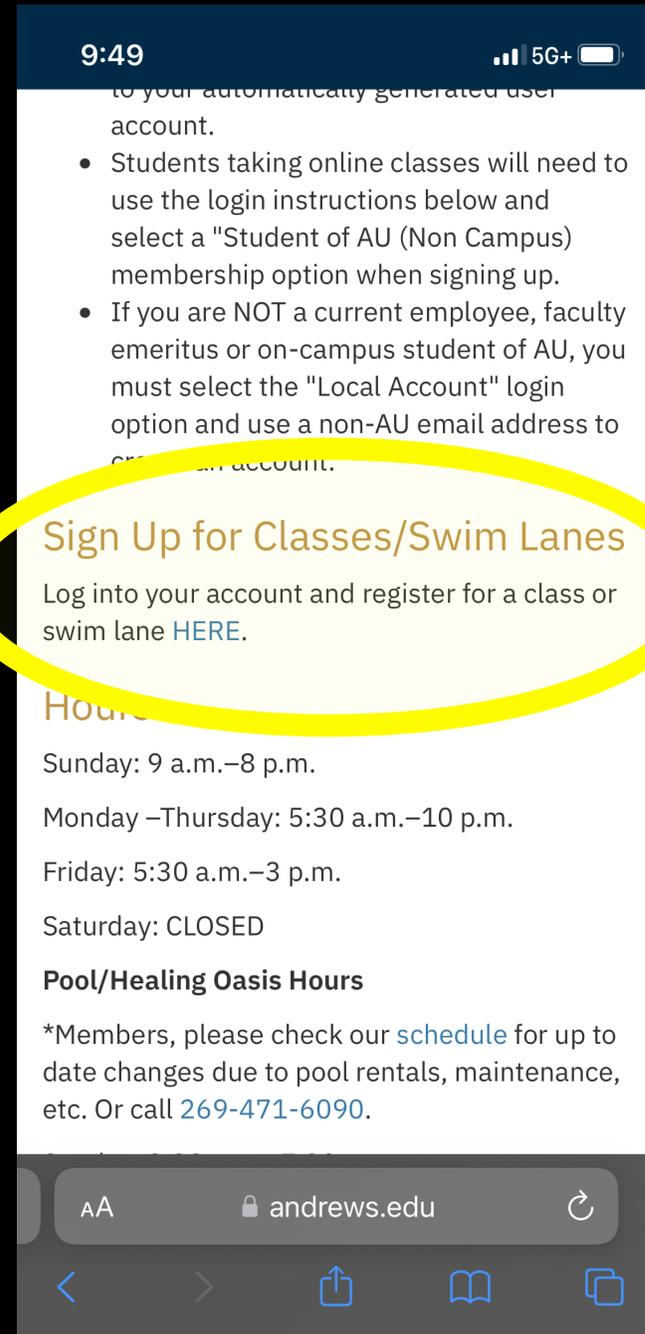


***Signing up for a  
group fitness class  
or swim lane***



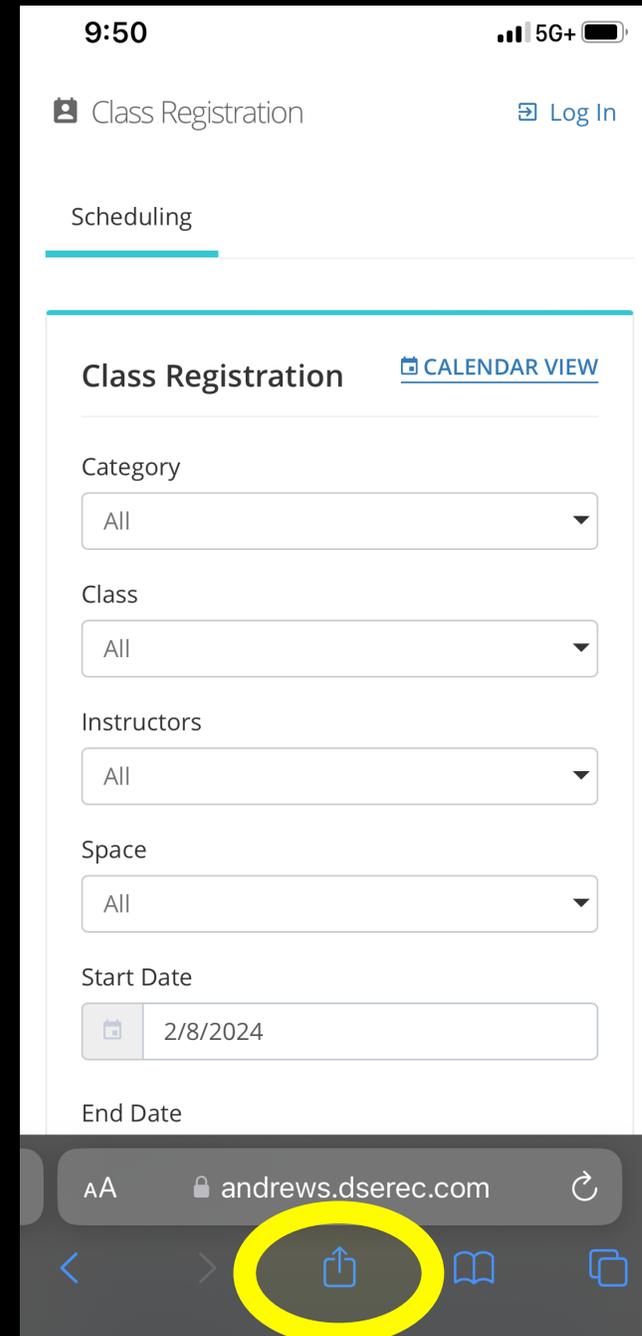
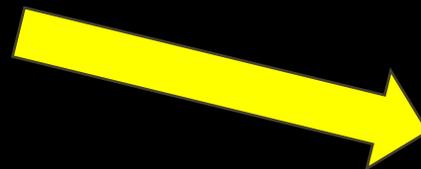
**Visit our website at  
[andrews.edu/wellnesscenter](https://andrews.edu/wellnesscenter)**

**Click this link on our  
homepage**

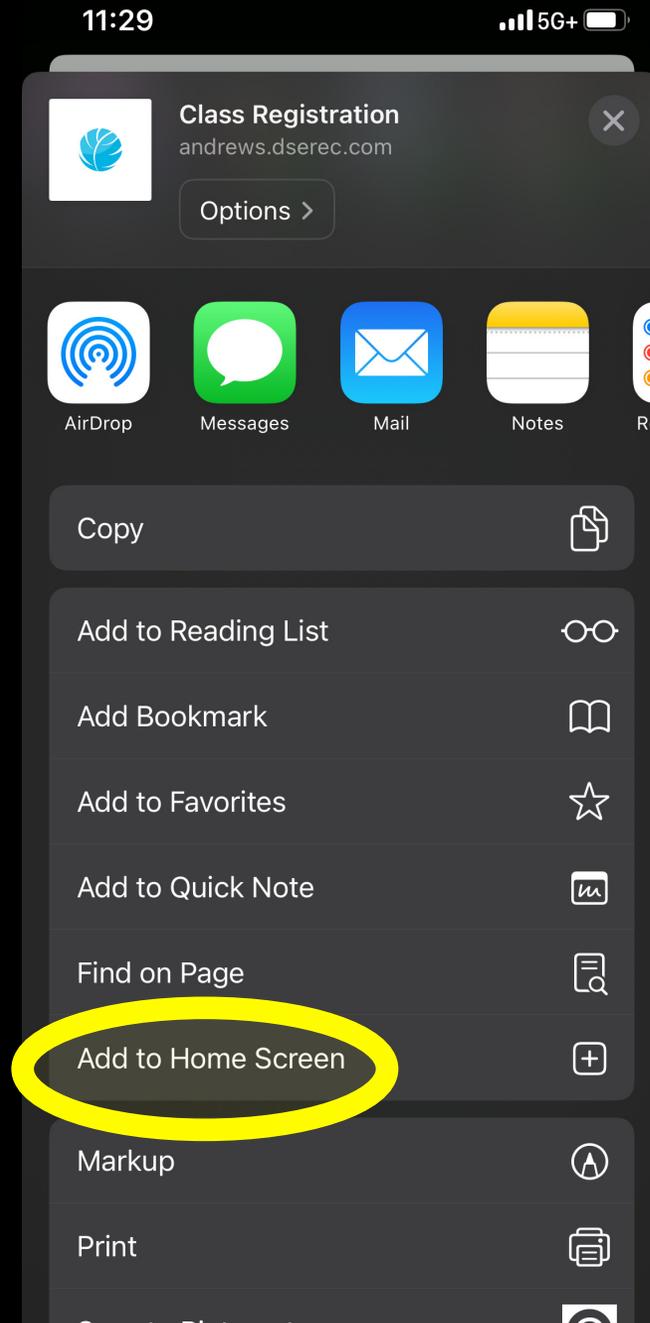


**Before logging in, save  
this page to your  
homescreen for each  
access in the future.**

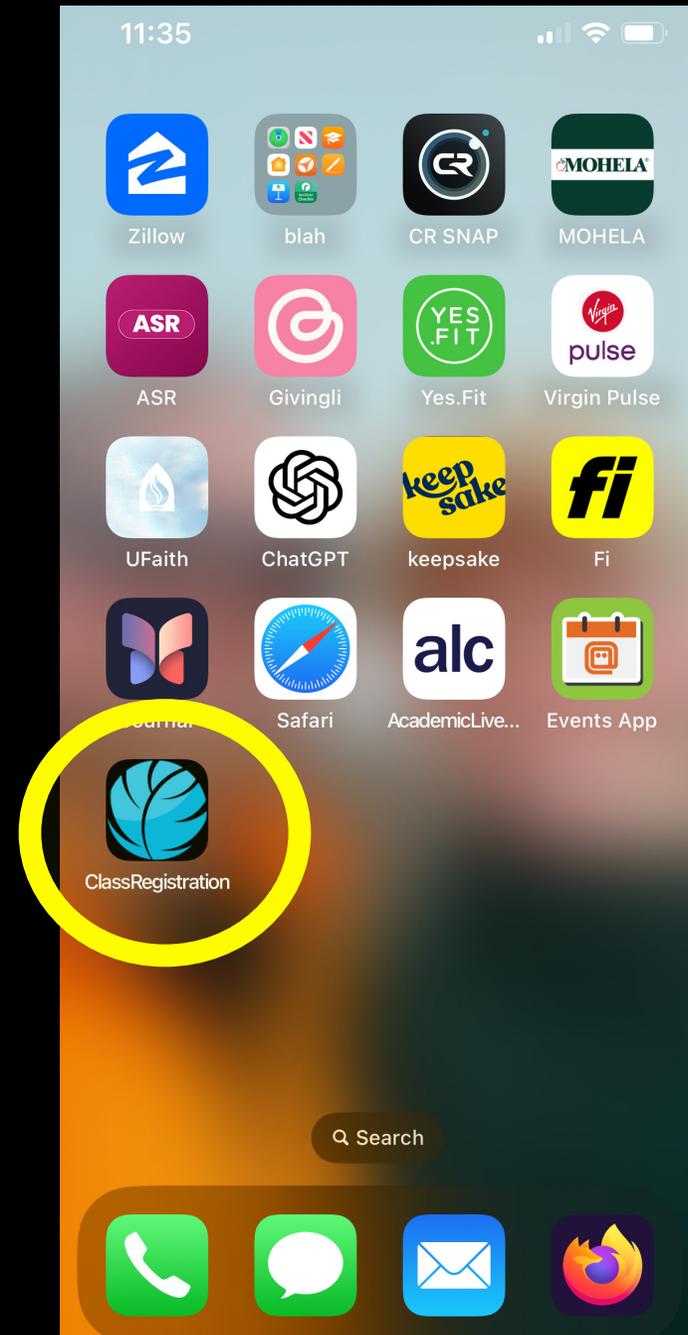
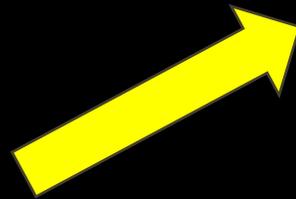
**Select your browsers'  
"share" option**



**Select "Add to Home  
Screen"**



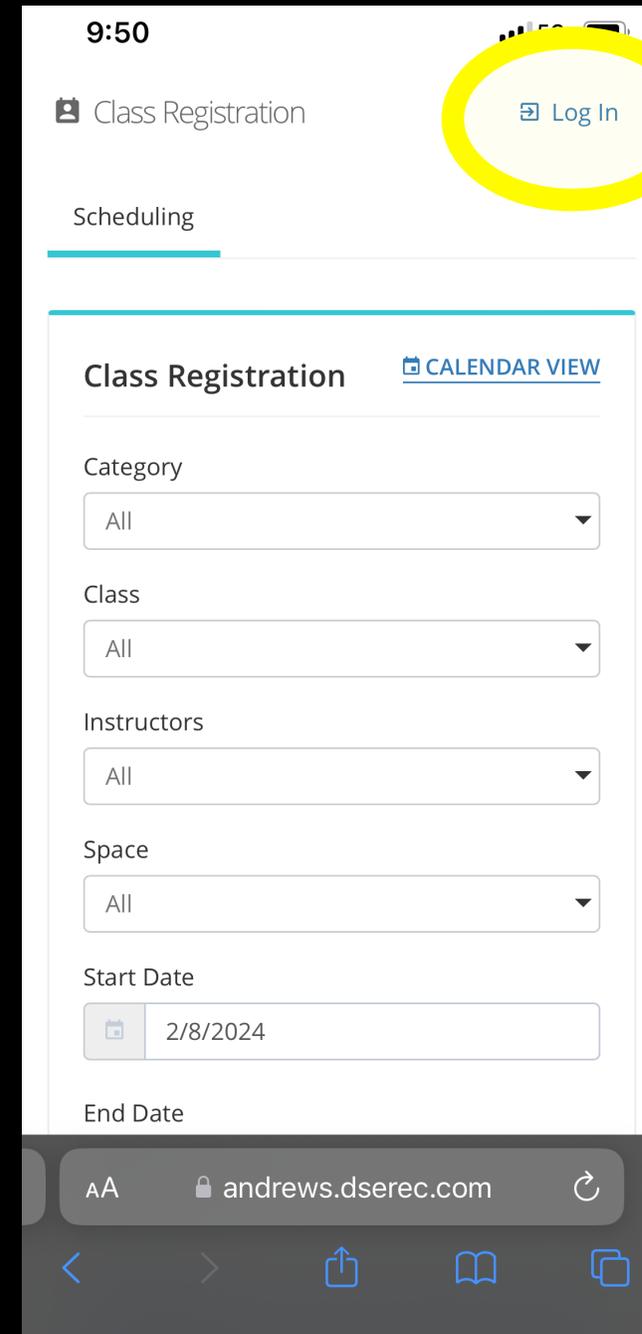
**Click on the button  
you've created to  
access the Class  
Registration page.**



**Login to your user  
account.**

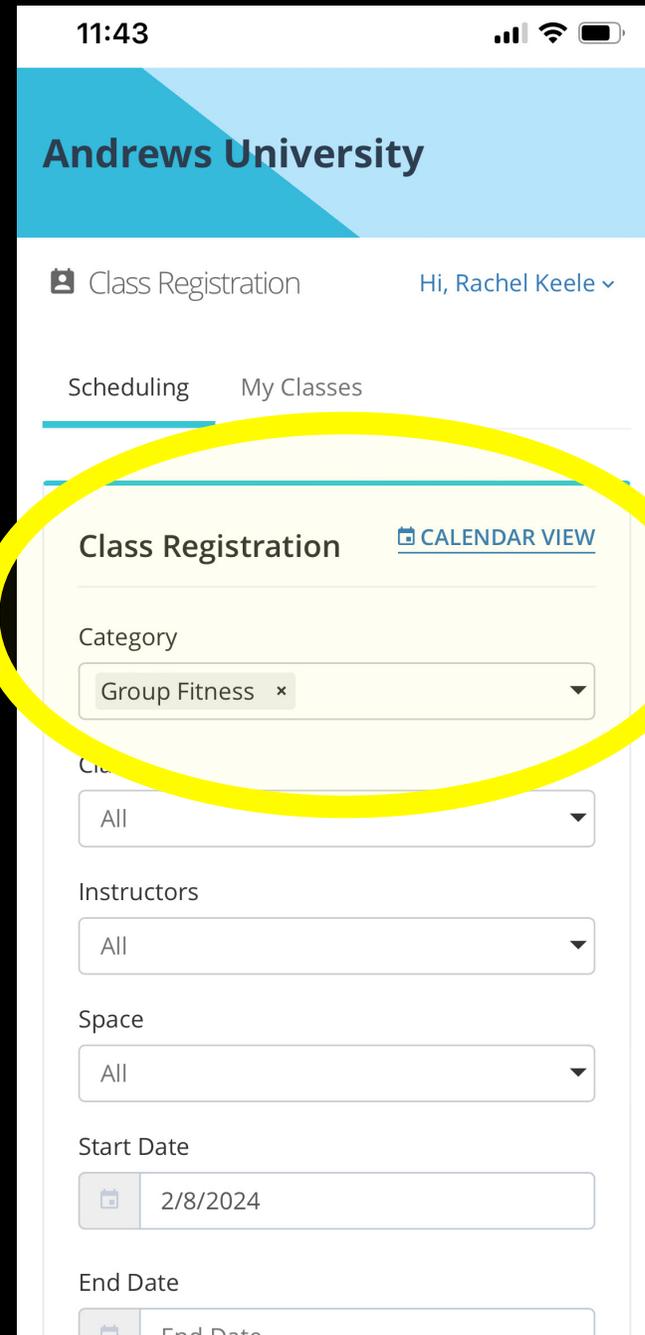


**\*Only those with active  
memberships will be  
able to register for a  
class/swim lane.**

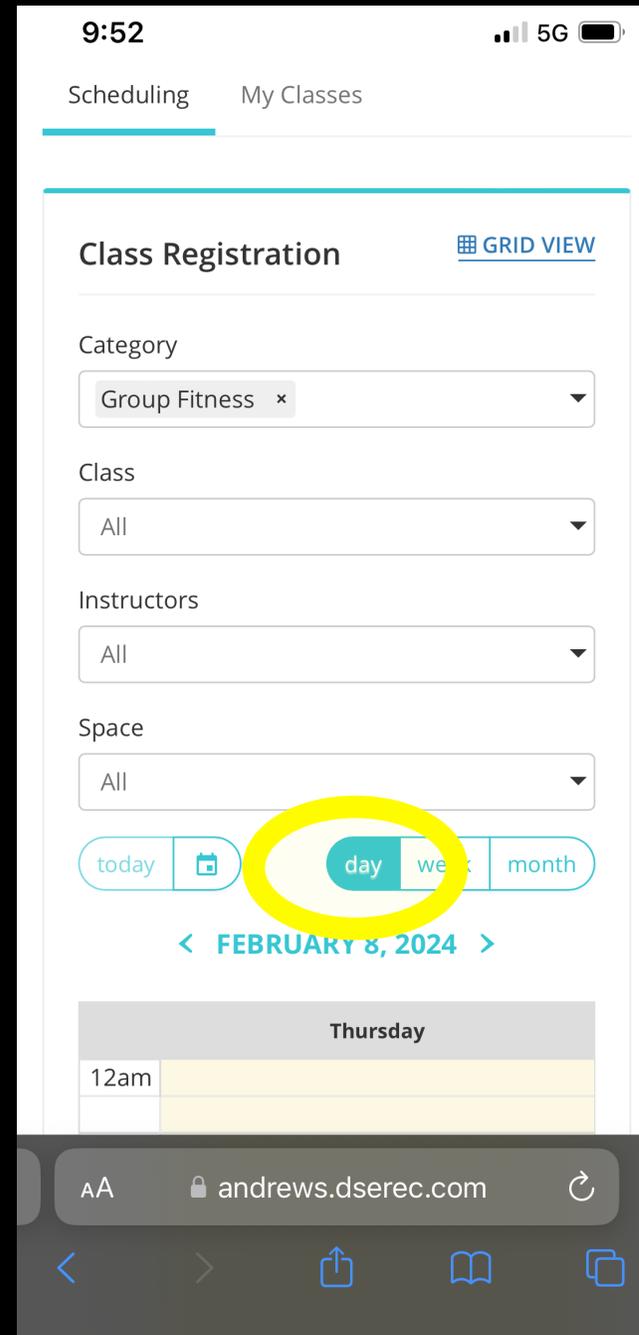


**To narrow results, select  
“Group Fitness” or “Pool  
Schedule” from the  
Category drop down list.**

**For easier viewing,  
select the “Calendar  
View” option, next to  
Class Registration.**



**If desired, select “day”  
to further narrow  
viewing results.**



**Select the class or swim  
time you'd like to  
register for by clicking  
on it.**

9:52 5G

6am	6:00am - 7:00am Pilates - Spring 2024
7am	
8am	7:30am - 8:30am H2O Fit - Spring 2024
9am	
10am	
11am	11:15am - 12:15pm Beginning Circuit Training -
12pm	12:20pm - 1:05pm Cardio Drumming - Spring 2024
1pm	
2pm	
3pm	
4pm	
5pm	5:15pm - 6:00pm Beginning Fitness
6pm	5:30pm - Power Beats - : 6:05pm - CIRCL Mobility - : 6:15pm - 7:00pm GRIT Stren 6:30pm - 7:30p Cross-
7pm	
8pm	
9pm	

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**Now click "Register"**



9:52 5G

### Beginning Circuit Training Registration

**Instructor** Melissa Rodgers

**Schedule** 2/8/2024 11:15am - 12:15pm

**Space** Bridgetown Studio

**Class Overview:**

This class focuses on high repetition, low resistance workouts with short rest intervals and is geared primarily at improving muscle strength, while improving cardiovascular fitness. Great for all levels!

Closes on 2/8/2024 11:14am. Available slots: 17

**CANCEL**

**REGISTER**

5pm 5:15pm - 6:00pm Beginning Fitness 5:30pm - Power Beats -

6pm 6:05pm - CIRCL Mobility 6:15pm - 7:00pm GRIT Stren 6:30pm - 7:30p Cross-

7pm

8pm

9pm

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**Select N/A from the  
Mobile Provider drop  
down menu, then click  
“Register” again.**



9:53 5G

Feb 8, Thu 11:15am - 12:15pm

Melissa Rodgers

Bridgetown Studio

### REGISTRATION INFO

Name:  
Rachel Keele

Email:  
rachelkeele@andrews.edu

Phone:  
202-7-0091

Mobile Provider:  
N/A

BACK REGISTER

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**That's it! Your class/swim lane will show up under "My Classes". Clicking on "View" will provide more details, or allow you to unregister.**



9:53 5G

Class

All

Instructors

All

Space

All

Start Date

2/8/2024

End Date

3/8/2024

25

+	Class	Start	VIEW
+	Beginning Circuit Training <i>i</i>	02/08/2024 11:15am	VIEW
+	Adult Lap Swim <i>i</i>	02/08/2024 01:00pm	VIEW
+	Adult Lap Swim <i>i</i>	02/08/2024 01:30pm	VIEW

Showing 1 to 3 of 3 entries

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***Have a question? Email***

***thewellnessclub@andrews.edu***

