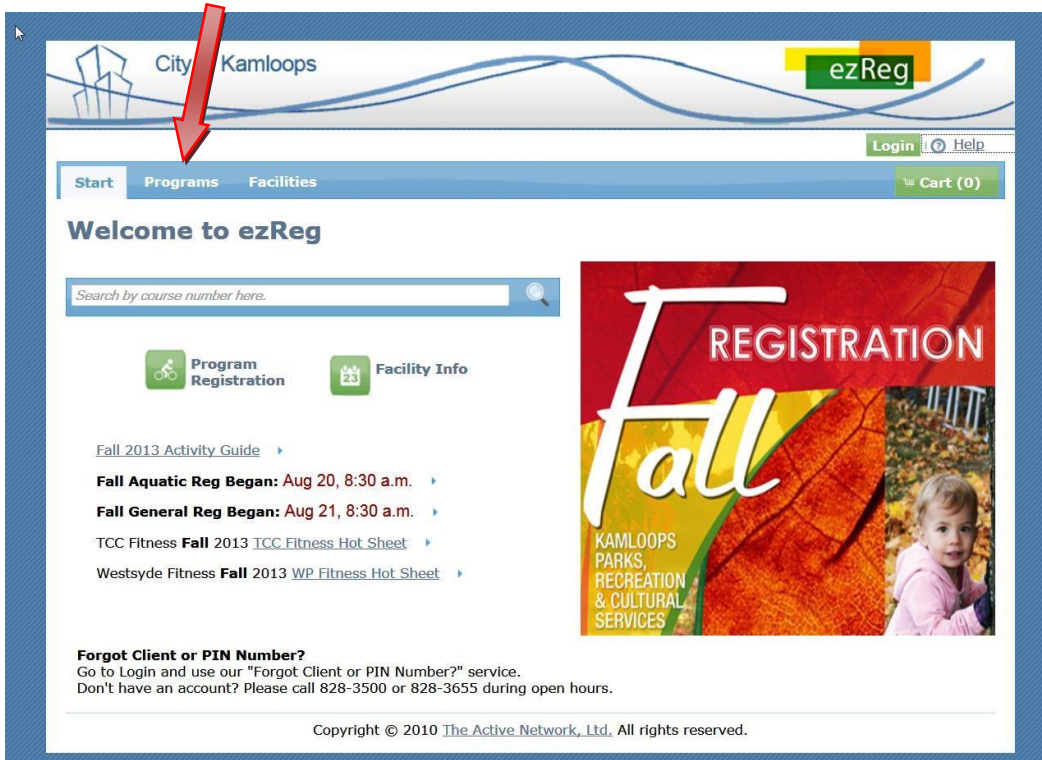


Browsing for courses

- Click on **Programs** tab



- Enter **Course number** or use **Advanced** search and **Keyword**



Login: You will need a Client number and PIN ready to Log In and register for courses. If you have an account with us, use the "Forgot Client or PIN Number" link on the Login window to have your numbers sent to you via e-mail. If you don't have an account with us please call 250 828 3655 to get set up. (Note on registration start days, our phones are extremely busy so call before if you can.)

Registering for a course:

Browse to an 'Activity' and click on 'Show courses'. A list of courses under That activity will be shown. Those with an 'Add' button are ready for registration.

(If you click on 'View Details' you can learn more about the course – Note the add button may disappear, if so just close the 'Course Details' window and add course from the window shown below.)

Course No Leagues [Link to this page](#)

Complex (All) ▾

20-20-20

Get a jump on your fitness goals with this perfectly balanced routine: 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core! This calorie-blasting workout will have you toning and sculpting your muscles while building your endurance.

[Hide Courses](#) [Link to this activity](#)

Course	Number	Days	Times	Dates	Complex	Classes	Avail.	
20-20-20 View Details	234893	Tue	5:15PM - 6:15PM	Jan-13-15 - Mar-10-15	Fitness Studio TCC - Tournament Capital Centre	9	15	Add

Showing 1 to 1 of 1 courses [First](#) [Previous](#) [1](#) [Next](#) [Last](#)

Aqua Express Circuit

Get the best of both worlds with this high-intensity, interval-style class. Work your aerobic and anaerobic systems using circuit training in a non-impact environment. Travel from station station using noodles, weights, and your own body weight for exciting and challenging exercises while using elements of water running for recovery.

[Show Courses](#)

- When the **User Login** page appears, log in with your Client Number and Family PIN
- If you have forgotten these numbers use the '**Forgot Client or Pin Number**' service to retrieve them by e-mail.
- If you are unable to retrieve these numbers or if you are not sure if you have an account with us, please call 250 828 3655 or 250 828 3500.
- When the **Cart** page appears, select the correct client in your account for whom this registration applies...

Cart

Client:

214566 - Simply Spin and Beyond! - Simply Spin and Beyond!

Dates & Times: Oct-29-13 - Dec-03-13 10:00AM - 10:45AM

[+ Add Client](#)

- Click on **Continue Shopping** to continue adding to your Cart.
- When finished, click on **Go to Checkout**

Cart ✕

Client: [Max Delwo](#) [Details](#) [✕ Remove](#)

214566 - Simply Spin and Beyond! - Simply Spin and Beyond!

[View Full Schedule](#)

Dates & Times: Oct-29-13 - Dec-03-13 10:00AM - 10:45AM

[+ Add Client](#) **\$31.50**

Cart Grand Total: \$31.50 [Clear Cart](#)

[Go to Checkout](#) [Continue Shopping](#)

- Answer any prompted questions related to the registration, then click **Save and Go To Checkout**

- Enter your credit card at the bottom of the **Checkout** page and click **complete transaction**
- A receipt will be displayed if the registration is successful. Press **Print** to print the page.

Being Placed on a waitlist:

- If the course is full a **Waitlist** button will appear instead of an 'Add' button. Run through the same procedure and **Go to Checkout** to be placed on the waitlist for that course. You will be contacted if a spot opens.