

# Group Fitness Classes

How to sign up for a limited capacity class.  
i.e. Cycling, F45, Boxing, Queenax and TRX

Activate your membership & purchase the USC Workout Group Fitness Pass at [myrecsports.usc.edu](http://myrecsports.usc.edu)

Log in via link in upper right hand corner

1

Visit [My.recports.usc.edu](http://My.recports.usc.edu) →

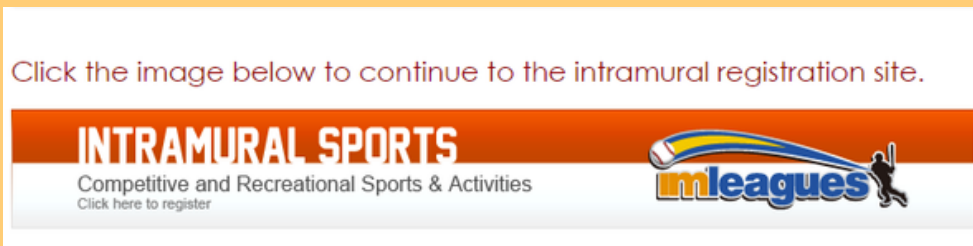


2



Select the whistle icon.  
You will be redirected to [IMleagues.com](http://IMleagues.com)

3

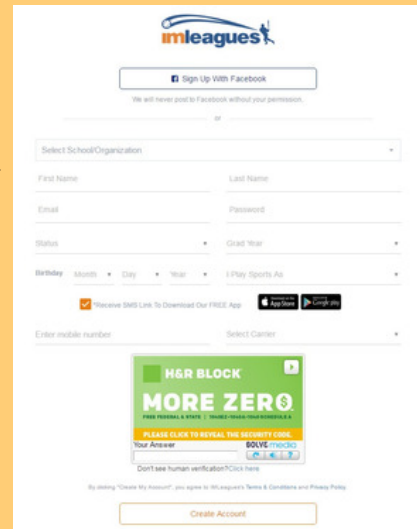
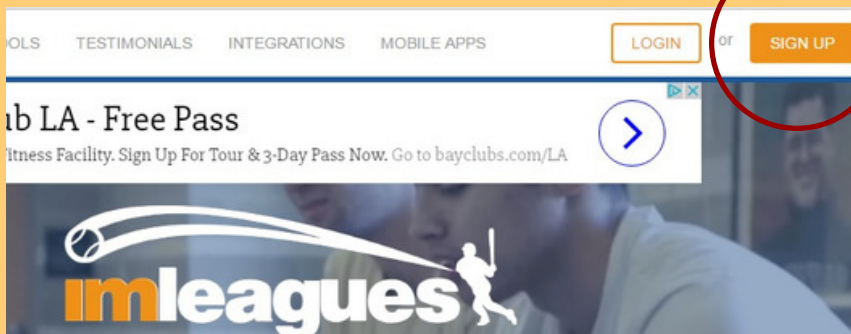


Select the image to enter [IMleagues.com](http://IMleagues.com)

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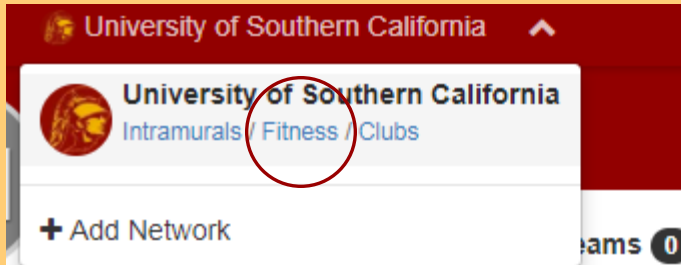
Sign up and create an account or log in w/existing account

4



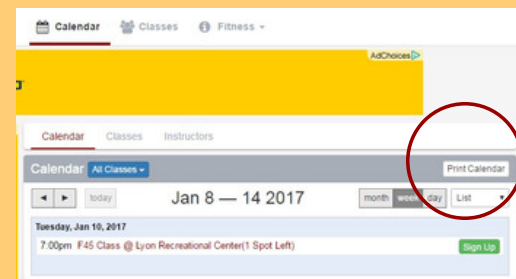
Select "Fitness" to see a calendar of classes

5



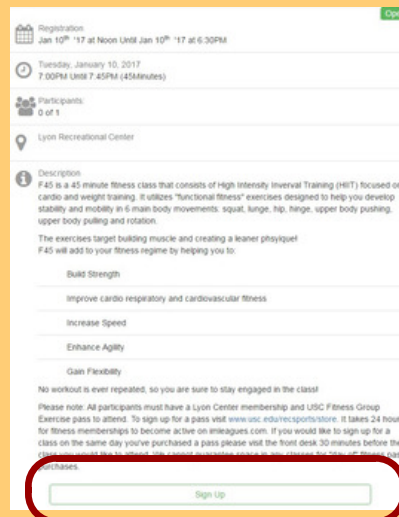
6

Select a class and "Sign up"



7

Accept the waiver and select "sign up" at the bottom of the page



8

Grab your ID and head to class!



# Group Fitness Classes

## How to take a group fitness class?

1

Purchase USC Workout  
Visit: [Myrecsports.usc.edu](https://myrecsports.usc.edu)



Membership

2

If not taking Cycling, F45, Boxing, Queenax or TRX **no sign up** is required. Sign ups are now only required for Limited Capacity Classes.

3

Bring your USC ID/Membership Card to gain access to class



USC University of  
Southern California



TROJAN, THOMAS F.  
0987654321

4

Arrive a few minutes early and a friendly staff member will swipe you into class.

Have a great Workout!