

## 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





Click the image below to continue to the intramural registration site.

Competitive and Recreational Sports & Activities Click here to registe



Select the image to enter IMleagues.com

**USC Student Affairs** 

Log in via link

# **Group Fitness Classes**

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



INTEGRATIONS MOBILE APPS

1b LA - Free Pass Itness Facility. Sign Up For Tour & 3-Day Pass Now. Go to bayclubs.com/LA

TESTIMONIALS

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### Select "Fitness" to see a calendar of classes

5	<ul> <li>University of Southern California</li> <li>University of Southern California</li> <li>Intramurals (Fitness ) Clubs</li> <li>Add Network</li> </ul>		Select a class and "Sign up"
	Add Network		Calendar Classes Instructors Calendar Classes Unstructors Calendar Classes  Jan 8 — 14 2017 month week for List  Teesday, Jan 19, 2017 Teesday, Jan 19, 2017 Toom F45 Class @ Lyon Recreational Center(1 Spot Left) Soyn List
7	Accept the waiver and select "sign up" at the bottom of the page	Comparison Comparison Comparison Comparison  Compa	BGrab your ID and head to class!Image: Source Class of the second s

### **USC Student Affairs**

# **Group Fitness Classes**

## How to take a group fitness class?



Purchase USC Workout Visit: Myrecsports.usc.edu



Membership



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



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





Arrive a few minutes early and a friendly staff member will swipe you into class. Have a great Workout!

