

# Group Fitness Classes

How to sign up for a limited capacity class:

(Booty Boot Camp, Boxing, Cycling, F45, Full Body Resistance, Kickboxing, Sports Training, and TRX)

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

1

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



Sign Up Log In

Log in via link  
in upper  
right hand  
corner

2



Intramurals & Group  
Fitness

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

3

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

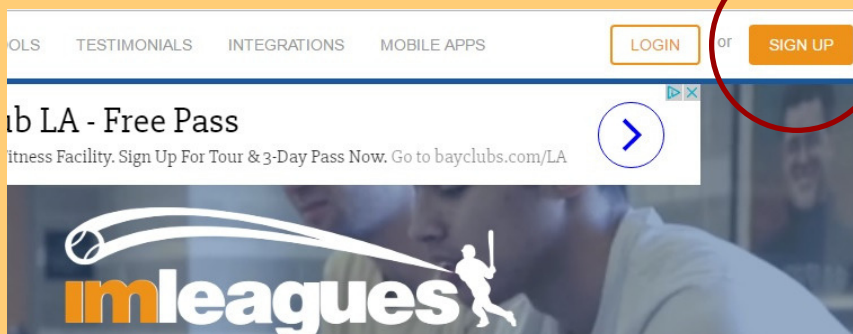


Select the image to  
enter  
[IMleagues.com](https://IMleagues.com)

# Group Fitness Classes

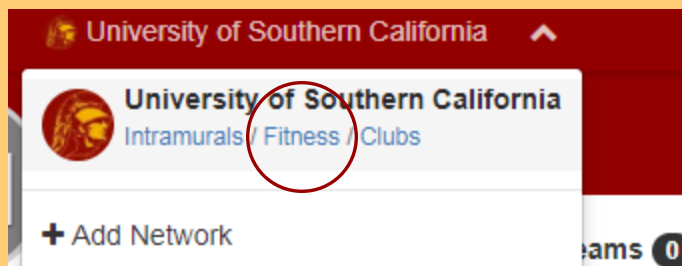
Sign up and create an account or log in w/existing account

4



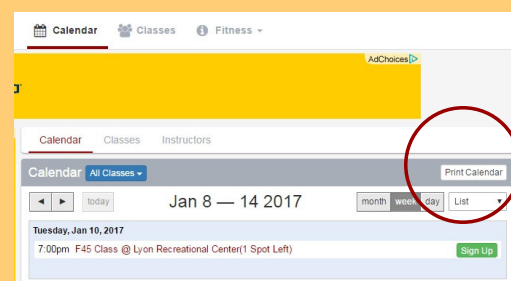
Select "Fitness" to see a calendar of classes

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!