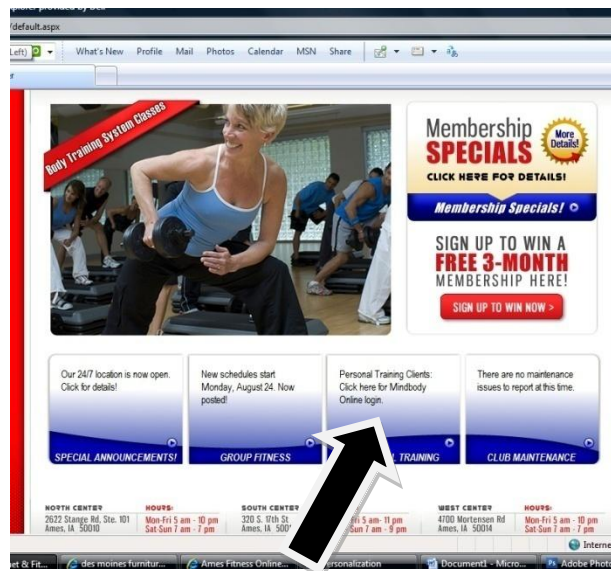


# Cardio Dance Online Registration

Due to the overwhelming popularity of the evening Cardio Dance classes, we are going to be limiting the class size to 40 people to keep the class safe. An online registration is going to be required for the class starting on Tuesday, September 8. (The registration will be required for the Tuesday and Thursday, 5:30 pm classes.) We apologize in advance for any inconvenience this may cause you. Sign up for the classes will start at 7 am the morning of the class. As you will see on the program, you have the ability to sign up earlier, but your name will be erased if our list shows you signed up too early and you will not be allowed in the class. If you sign up and decide that you need to cancel, you must do so by 3 pm (2 ½ hours before the class.) Cancellations can only be made by emailing [nadia.arfc@yahoo.com](mailto:nadia.arfc@yahoo.com) or calling 663-5584 or 598-5804. If you sign up and do not show up for the class, your name will be tracked. Three strikes and you're out – in other words, you will no longer be able to use the registration process if you take advantage of the system. When you arrive at the club, there will be a list posted – check off your name as you enter the room. Thanks for your support of Cardio Dance and the ARFC Group Fitness program.

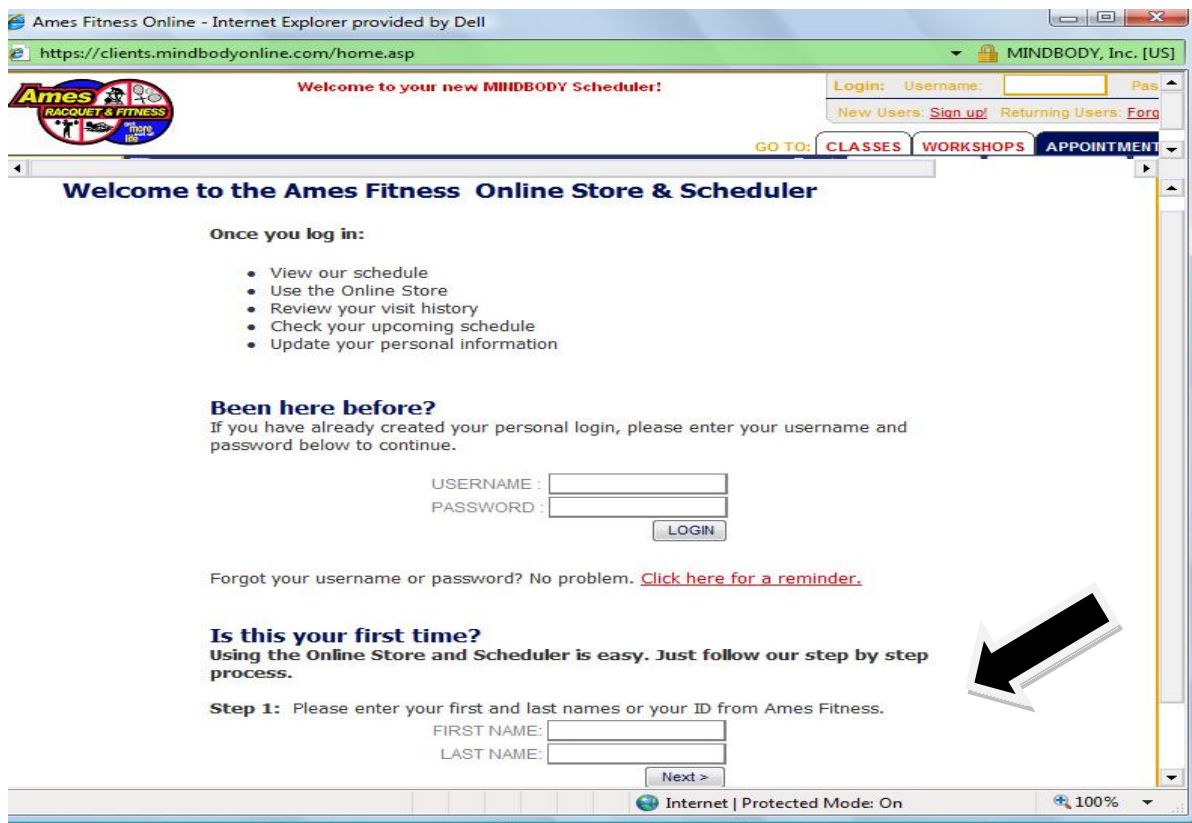
**Step #1:** Go to Ames Racquet and Fitness website: [www.amesracfit.com](http://www.amesracfit.com). Click the box on the bottom that reads: Click here for Mind Body Online login.



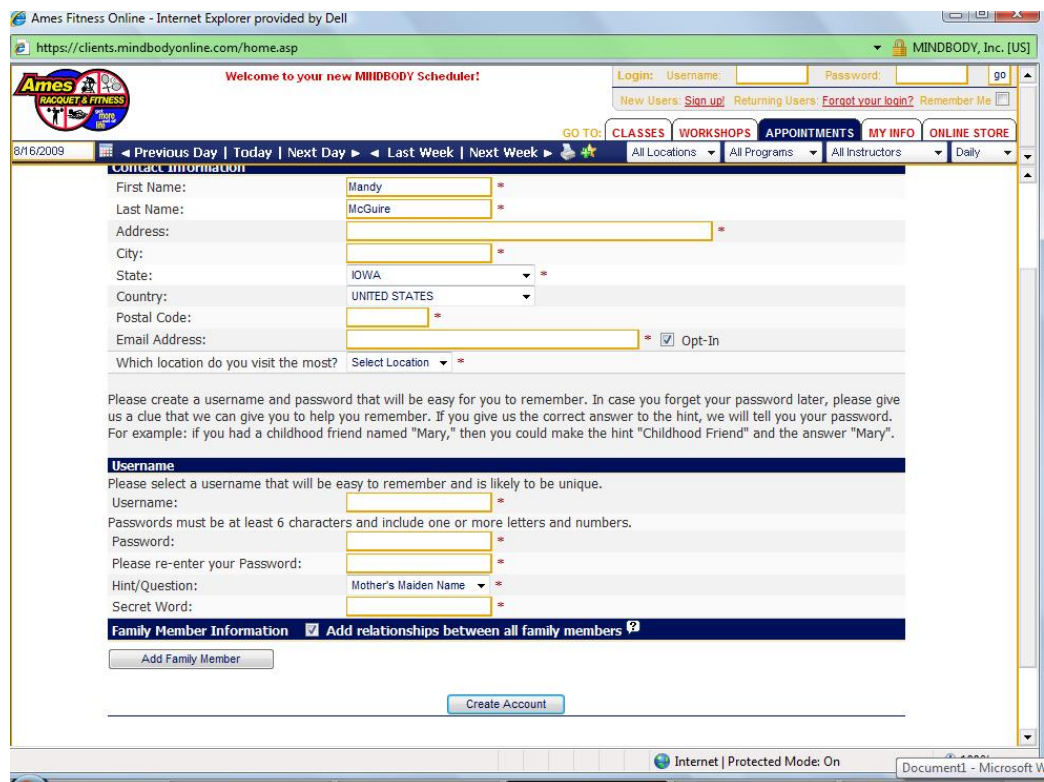
**Step #2:** Go to Ames Racquet and Fitness website: [www.amesracfit.com](http://www.amesracfit.com). Click "Click here to login to the new Personal Training system."



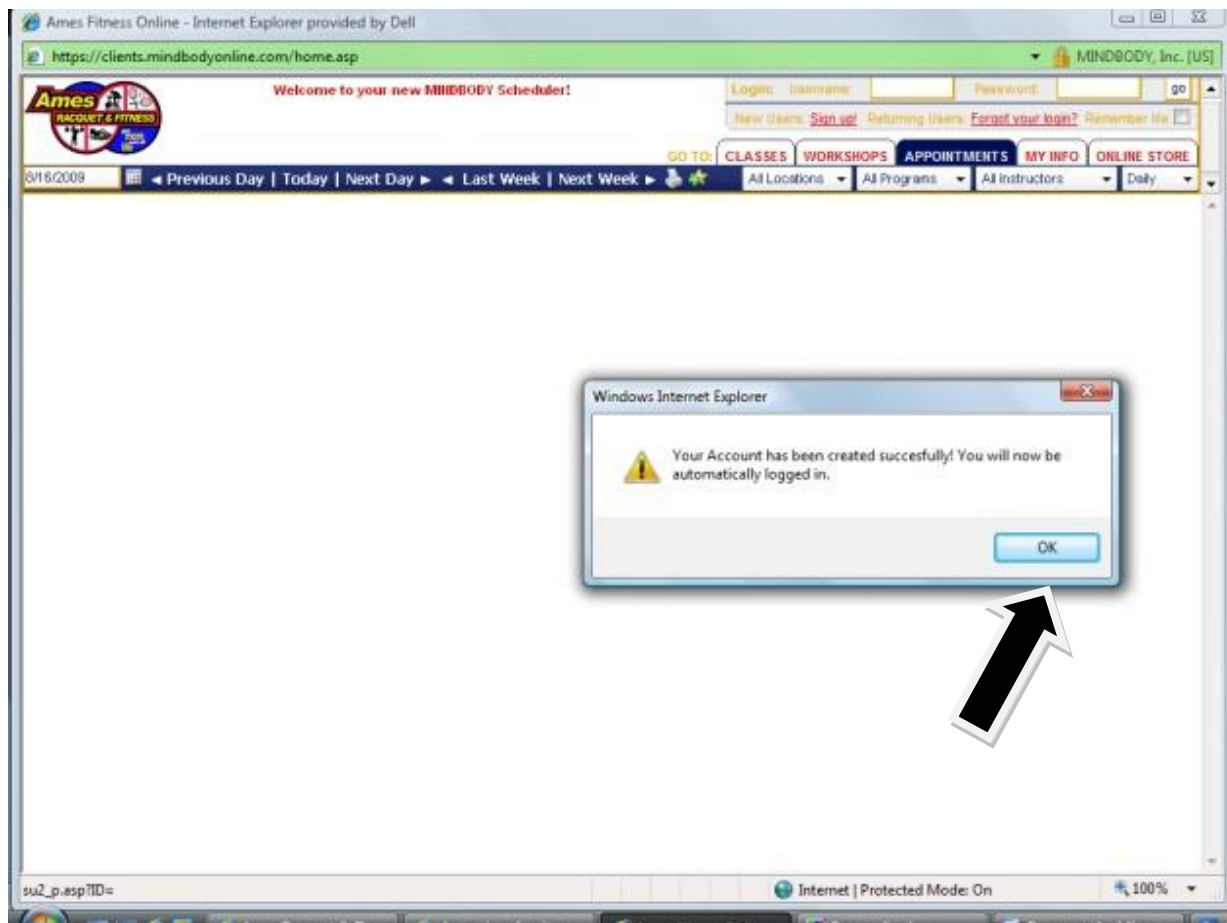
Step #3: First time users: Enter your first name and last name. Press the button Next. (The next time you come back, you will only need to enter your username and password.)



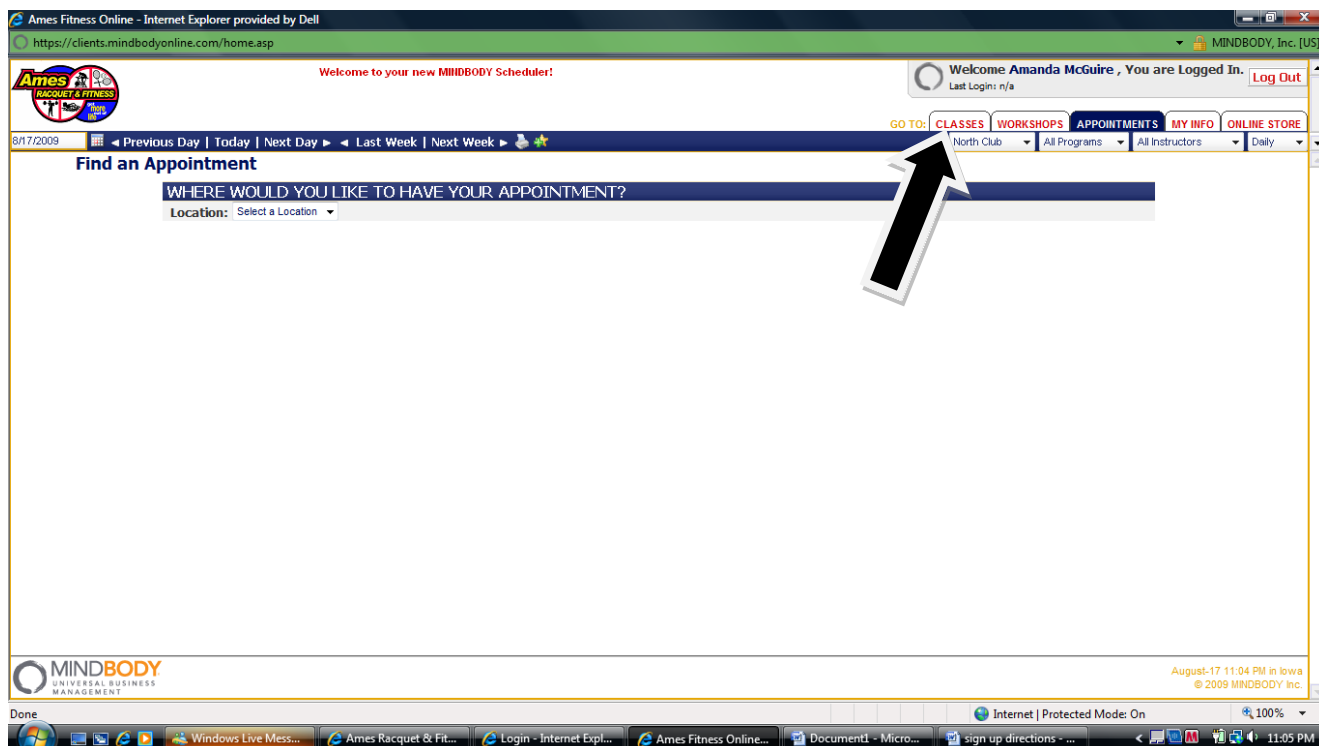
Step #4: Enter the appropriate information. You will need to create a username and password. Hit the button Create Account.



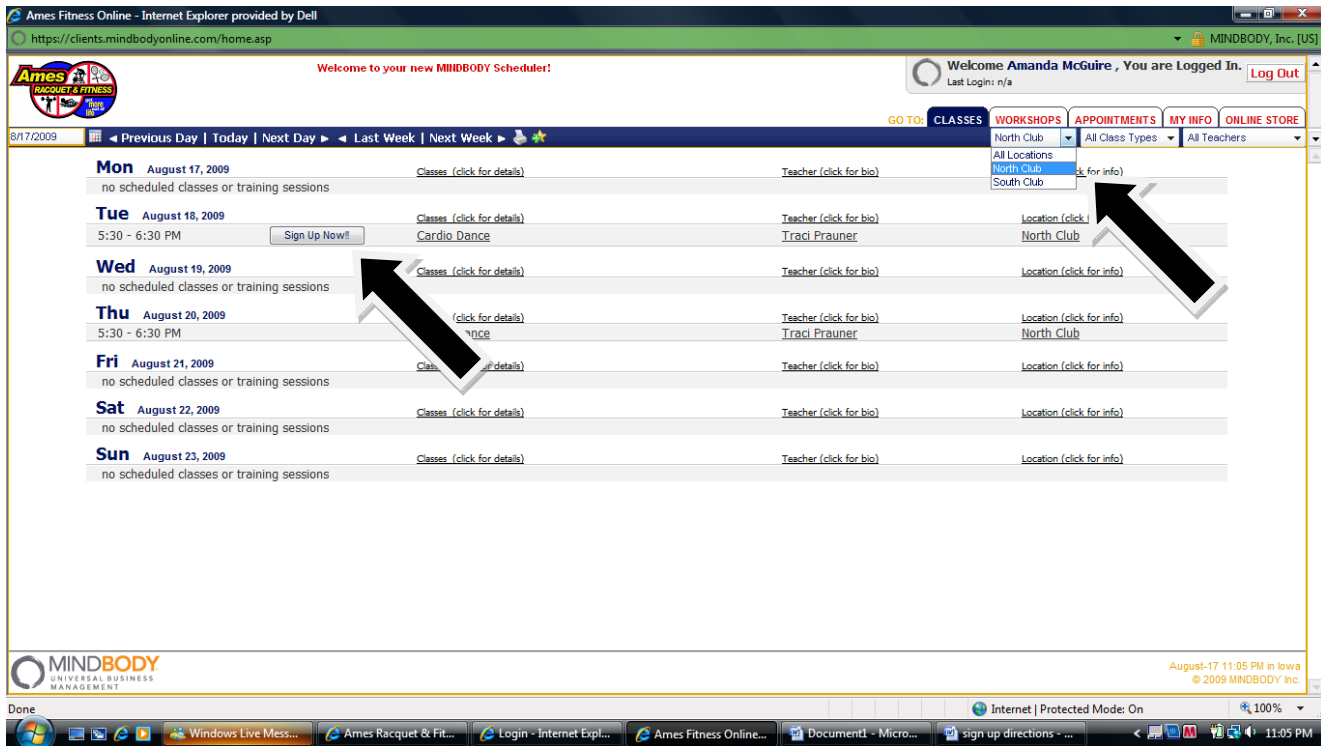
Step #5: If you entered your information appropriately, the following screen will appear: "Your Account has been created successfully! You will now be automatically logged in." Press the OK button.



Step #6: Click the Classes tab at the top of the page.



Step #7 Click the drop down menu to indicate which club (North or South) your class is located at.  
 Step #8: Click the "Sign up Now" for the appropriate class. (Remember, sign up does not start until 7 am for evening classes. If you sign up early, your name will be erased from the list and tracked. 3 strikes and you're out!



Step #9: Your schedule will be verified with the following screen. If you discovered that you registered for the wrong class, you will have the option of deleting your name by pressing the red cancel button. You will only have access to this screen upon your registration. Any other cancellations will need to be called or emailed in (refer to the instructions in the beginning).

