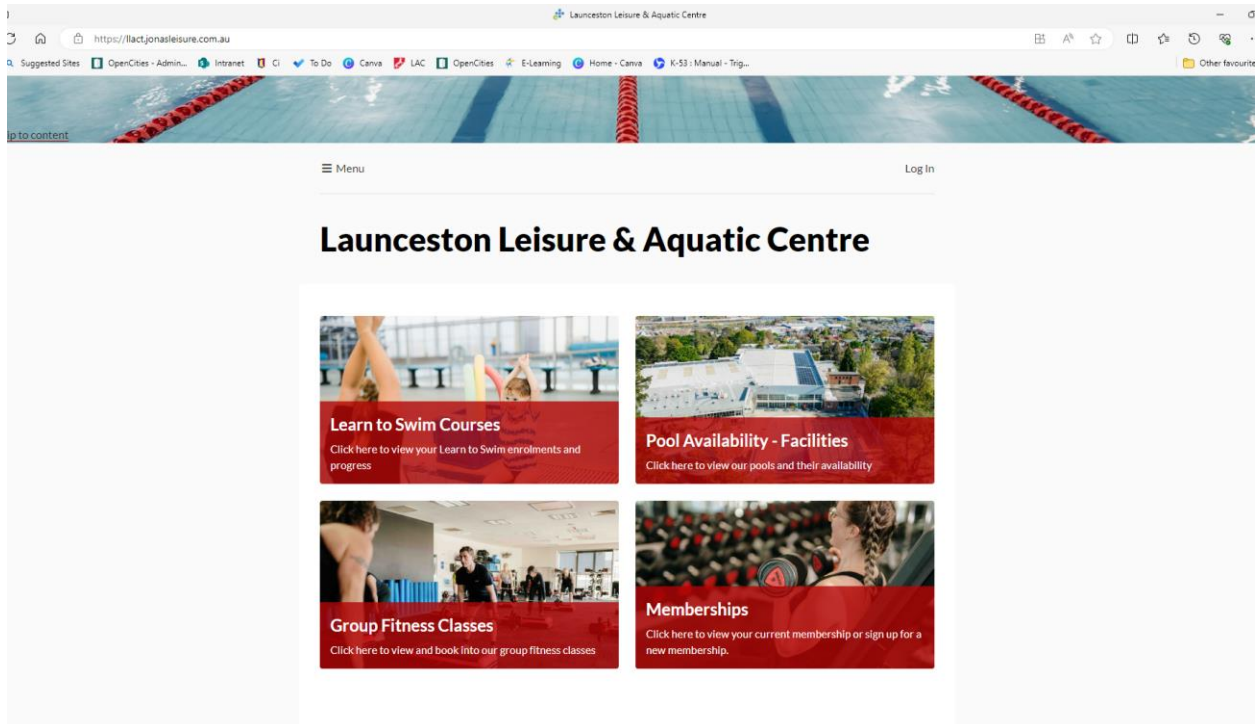


Booking into Group Fitness Classes on the Online Portal



Visit the Online Portal: www.launceston.tas.gov.au/lac/LAfit-Timetable-and-Bookings

Login to your Online Portal Account (see our other instruction sheet for these details):
www.launceston.tas.gov.au/lac/Memberships/Current-Members

Select Group Fitness Classes



Here you can see a list of upcoming classes

The screenshot shows the 'Group Sessions' page. At the top, there is a 'Home /' breadcrumb and a large heading 'Group Sessions'. Below this is a 'Timetable' button with a calendar icon. A search bar is present. A calendar navigation shows days from Thursday (2) to Wednesday (8), with Thursday, May 2, selected. Below the calendar, two class listings are shown for Thursday, May 2:

| Time | Class Name | Instructor | Spaces | Action |
|---------------------|----------------------------------|------------|-----------|----------|
| 12:15 PM 45 mins | Pilates Group Fitness Room | AileenD | 20 spaces | Book Now |
| 1:15 PM 45 mins | Kettlebell Group Fitness Room | MartinO | 20 spaces | Book Now |

Select 'Timetable' for the full, live timetable

The screenshot shows the 'Timetable' page with a weekly view. At the top, there are filters for 'All classes', 'All locations', 'All instructors', and 'All programs'. A 'Clear filters' button is also present. The days of the week are listed: Thursday 2 May, Friday 3 May, Saturday 4 May, Sunday 5 May, Monday 6 May, Tuesday 7 May, and Wednesday 8 May. The classes are displayed in a grid format:

| Day | Class Name | Time | Location | Spaces |
|-----------------|-------------|-------------|--------------------|-----------|
| Thursday 2 May | BodyPump | 6:15 - 7:00 | Group Fitness Room | 21 spaces |
| Thursday 2 May | HIIT | 6:15 - 7:00 | Group Fitness Room | 18 spaces |
| Thursday 2 May | RPM | 6:15 - 7:00 | Cycle Studio | 16 spaces |
| Monday 6 May | Spin | 6:15 - 7:00 | Cycle Studio | 16 spaces |
| Tuesday 7 May | HIIT & Lift | 6:15 - 7:00 | Group Fitness Room | 18 spaces |
| Tuesday 7 May | Spin | 6:15 - 7:00 | Cycle Studio | 16 spaces |
| Wednesday 8 May | HIIT | 6:15 - 7:00 | Group Fitness Room | 18 spaces |
| Wednesday 8 May | RPM | 6:15 - 7:00 | Cycle Studio | 16 spaces |

You filter by classes, locations and instructors and programs (for example Kettlebells)

All classes ▼ All locations ▼ All instructors ▼ All programs ▼

Clear filters ✕

Or, scroll down to see hour by hour the classes available. Click on the class you want to book. If there is space, it will have a green line as shown below as well as how many spaces are available.

In this example below, we are going to select Marty's 1.15pm Kettlebell class from the 'Group Sessions' (right) or 'Timetable' (left).

The screenshot shows a user interface for selecting a class. On the left, there is a vertical list of class options:

- 12:00 PM: 12:15 - 13:00 Pilates, Group Fitness Room, 20 spaces. A green bar at the bottom indicates availability.
- 1:00 PM: 13:15 - 14:00 Kettlebell, Group Fitness Room, 20 spaces. A green bar at the bottom indicates availability.
- 3:00 PM: Kettlebell, MartinO, Cardio and full body strengthening workout which leads to increased strength, endurance and toning. This kettlebell workout also strengthens ligaments and tendons for injury prevention. A green bar at the bottom indicates availability.

On the right, the 'Group Sessions' page is displayed. It includes a 'Timetable' and 'Admission Docket' button, a search bar, and a calendar view for the week of Thursday to Wednesday. The 2nd of the month is highlighted in red. Below the calendar, a class card for '1:15 PM Kettlebell' is shown, including the duration (45 mins), location (Group Fitness Room), instructor (MartinO), and 20 spaces available. A red 'Book Now' button is present.

Check the details of the class before selecting 'Join this session'

The screenshot shows the details page for a 'Kettlebell' class. The page includes a menu, a search bar, and a user profile icon. The main content area displays the following information:

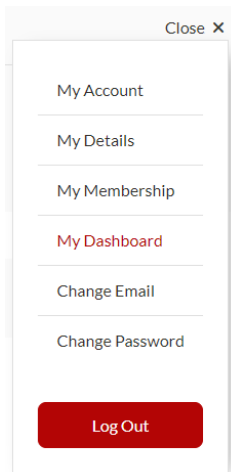
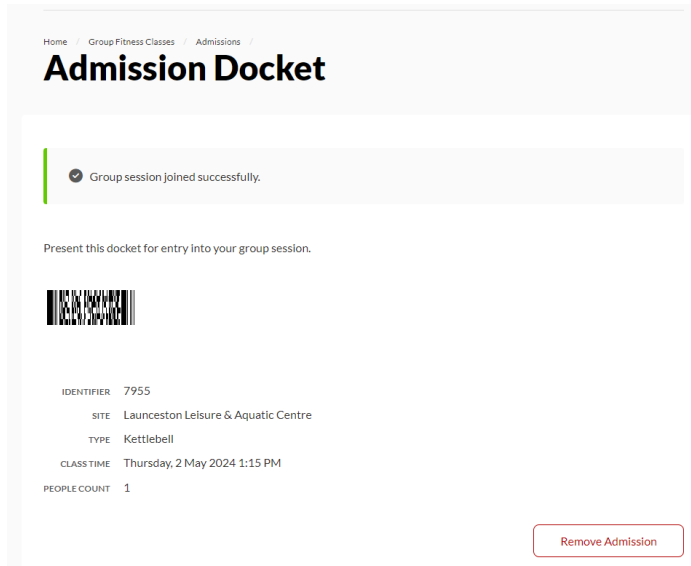
- TIME:** 2024 1:15-2:00 PM
- LOCATION:** Group Fitness Room
- INSTRUCTOR:** MartinO (with a profile picture)


The description reads: "Cardio and full body strengthening workout which leads to increased strength, endurance and toning. This kettlebell workout also strengthens ligaments and tendons for injury prevention."

A note states: "Your membership enables entry to this session."

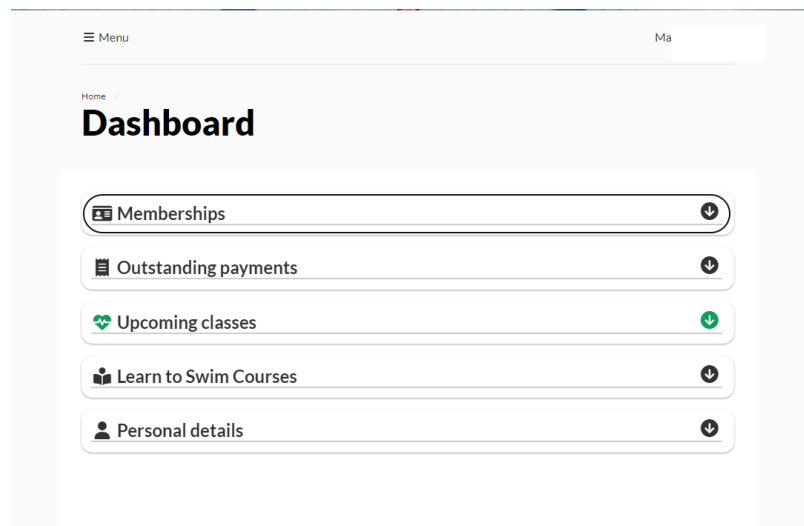
A red 'Join this session' button is located at the bottom right of the page.

When you are booked in you will receive the below message.
Made a mistake? Simply 'remove admission' to ensure you aren't booked in for the class and enable somebody else to book in.



You can view your bookings via *My Dashboard*. Simply select your name in the top right corner of the page. 

On *Dashboard*, select 'Upcoming classes' to view your classes



You can navigate back to the Group Fitness Timetable via 'My Timetable' or select the Menu button

The screenshot displays a user interface with a 'Menu' button in the top left corner. A dropdown menu is open, listing 'Group Fitness Classes', 'Learn to Swim Courses', 'Memberships', and 'Pool Availability - Facilities'. To the right, an 'Upcoming classes' card is shown for a 'Kettlebell' class. The card includes details such as the date and time (2/05/2024 1:15:00 PM), location (Group Fitness Room), and instructor (Martin O). A description of the class is provided: 'Cardio and full body strengthening workout which leads to increased strength, endurance and toning. This kettlebell workout also strengthens ligaments and tendons for injury prevention.' At the bottom of the card, there are three buttons: 'Group Sessions', 'My Timetable', and 'My Admission Dockets'.