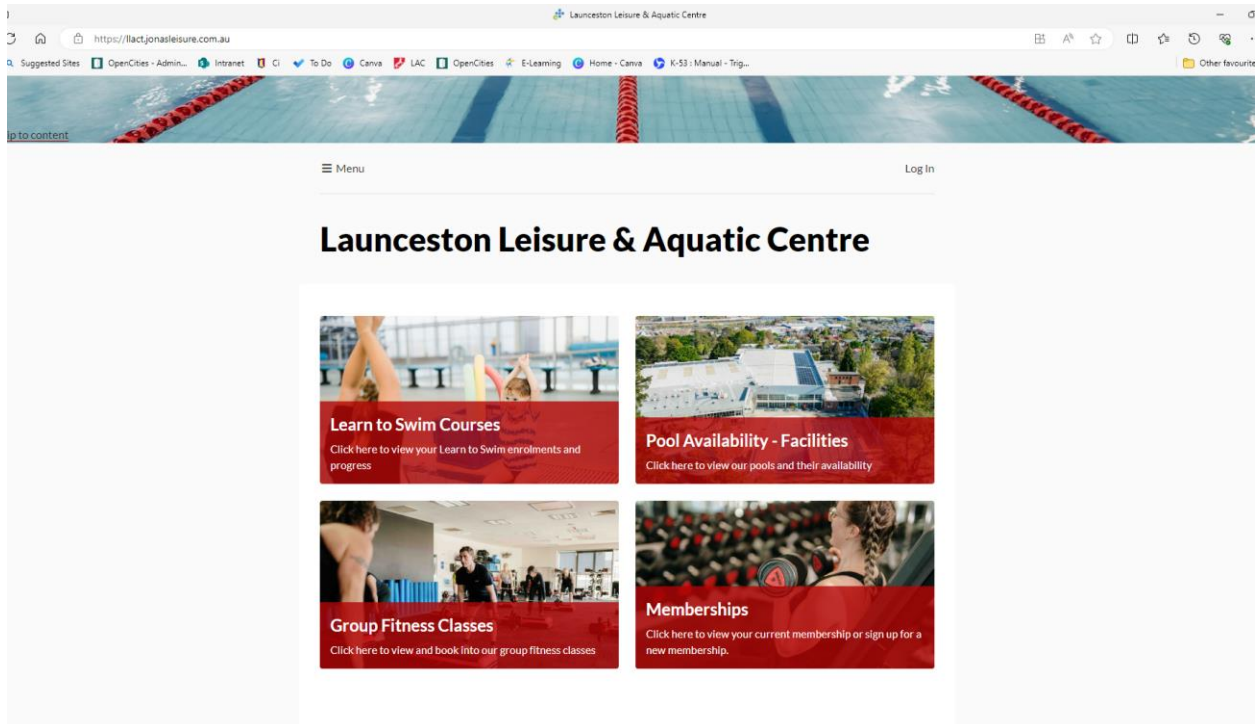


Booking into Group Fitness Classes on the Online Portal



Visit the Online Portal: <https://lact.jonasleisure.com.au/>

Or, via the *Current Members* or *Group Fitness Timetable & Bookings* pages on our website

Login to your Online Portal Account (see our other instruction sheet for these details):
<https://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.

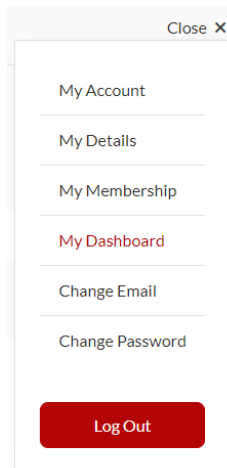
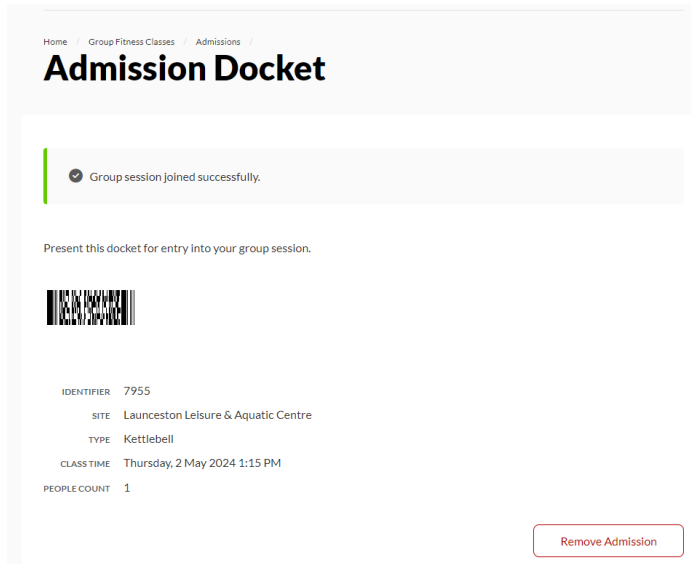
In this example below, we are going to select Marty's 1.15pm Kettlebell class from the 'Group Sessions' (right) or 'Timetable' (left).


The screenshot shows a user interface for selecting a class. On the left, there is a vertical list of class options with a green progress bar at the bottom of each item. The first item is '12:15 - 13:00 Pilates' in the 'Group Fitness Room' with 20 spaces. The second item is '13:15 - 14:00 Kettlebell' in the 'Group Fitness Room' with 20 spaces. The third item is '3:00 PM Kettlebell' by 'MartinO', described as a cardio and full body strengthening workout. On the right, the 'Group Sessions' page is displayed, featuring a 'Timetable' and 'Admission Docket' button, a search bar, and a calendar view for the week of the 2nd to the 8th. Below the calendar, a class card for '1:15 PM Kettlebell' by 'MartinO' in the 'Group Fitness Room' with 20 spaces is shown, with a 'Book Now' button highlighted in red.

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

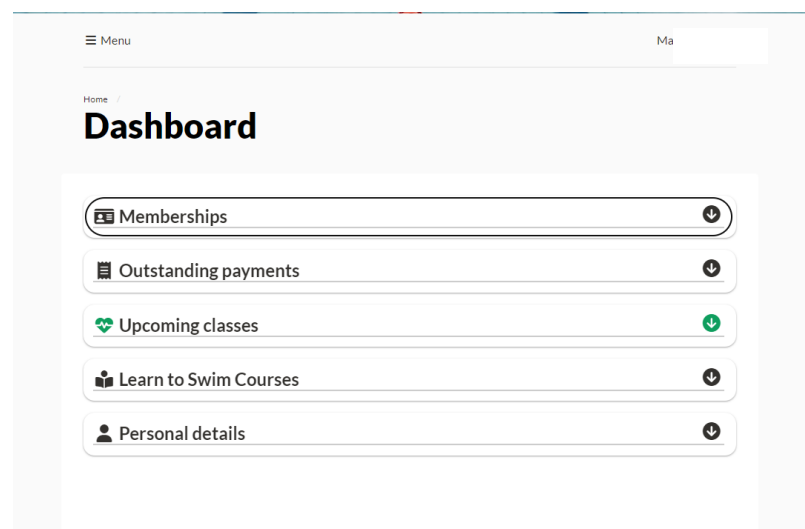
The screenshot shows the details page for a 'Kettlebell' session. The page has a header with a 'Menu' icon and a user profile icon. The main content area displays the session title 'Kettlebell' and the following details: TIME: 2024 1:15-2:00 PM, LOCATION: Group Fitness Room, and INSTRUCTOR: MartinO (with a profile picture). A description of the session 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.' A note states 'Your membership enables entry to this session.' At the bottom right, there is a red 'Join this session' button.

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 for an online portal. At the top left, there is a 'Menu' button with a hamburger icon. Below it, a dropdown menu is open, listing 'Group Fitness Classes' (highlighted in red), 'Learn to Swim Courses', 'Memberships', and 'Pool Availability - Facilities'. To the right, there is a section titled 'Upcoming classes' with a green heart icon and an upward arrow. Below this title, a class card for 'Kettlebell' is shown. The card includes the following details: 'When: 2/05/2024 1:15:00 PM', 'Where: 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'.