

BOOKING A GROUP FITNESS CLASS RESERVATION

<https://denverymca.org/fitness-class-reservations>

Fitness Classes

Group exercise classes are FREE for YMCA Premium and Y Your Way members. If you are not a Premium or Y Your Way member and you want to join a class, [upgrade](#) your members.

Also, check out [Adventure Zone](#), free child care when you work out.

Pick your location and reserve your spot below!

Filter by Location ▾

Wed 22 Thu 23 **Fri 24** Sat 25 Sun 26 Mon 27 Tue 28

Friday, May 24

5:00am - 6:00am	BodyPump	Emily S. Smith	Arvada YMCA	25 of 30 Spaces	RESERVE
5:30am - 6:30am	Indoor Cycling	Cat P. Provencal	Arvada YMCA	18 of 20 Spaces	RESERVE
6:00am - 7:00am	BodyPump	Beth Velasquez	LIT: Lower Studio	16 of 20 Spaces	RESERVE

1. Pick a class.
2. You'll be prompted to login with your YMCA app credentials. Can't remember your password? Select the "Forgotten password" button and follow the prompts.

the Y[®]
YMCA

EGYM

Use Denver YMCA bookings with the EGYM ID

Email address

Password

Forgotten password? | New account

Sign in

What is EGYM ID?

3. Once you are logged in, you'll be at the My Schedule page. Select **Group Classes**.

The screenshot shows the 'My Schedule' page for a user named Claudia Morlan. The page has a header with the logo and 'WELCOME, CLAUDIA MORLAN!'. Below the header, there are navigation tabs: 'MY SCHEDULE', '\$ PILATES REFORMER', '\$ STUDIO Y', 'GROUP CLASSES' (circled in red), 'HEALTH COACHING', 'MASSAGE', and 'MEMBER ORIENTATION'. There are also filters for 'Week of 05/20', 'Club', 'All locations', 'All trainers', and 'All services'. A search bar is present with the text 'Type to search...'. Below the tabs, there is a grid showing a weekly schedule from Monday to Sunday, with time slots from 05:00 to 08:00. The 'Wed, 05/22' column is highlighted in yellow.

4. Once at the group classes, you can select a class. Or you can also filter by location.

The screenshot shows the 'Group Classes' page. The 'GROUP CLASSES' tab is selected. The page displays a list of classes for Wednesday 22 May 2024 and Thursday 23 May 2024. The classes are listed with their times, names, remaining places, booking status, and instructor information. A 'BOOK' button is visible for each class.

Day	Time	Class Name	Remaining Places	Booking Status	Instructor	Location
Wednesday 22 May 2024	16:30 – 17:30	Indoor Cycling	8 remaining places	BOOK	Tara McJunkin	Avada YMCA
	17:30 – 18:20	\$ Pilates Reformer	FULL. 1 on wait-list	WAIT-LIST	Lori Adams	Avada YMCA
	18:00 – 19:00	Indoor Cycling	12 remaining places	BOOK	Tara McJunkin	Avada YMCA
	18:00 – 19:00	Zumba	29 remaining places	BOOK	Lyza Posey	Avada YMCA
	19:00 – 20:00	Vinyasa Yoga	28 remaining places	BOOK	Tyko Birch	Avada YMCA
Thursday 23 May 2024	05:15 – 06:15	Step	26 remaining places	BOOK	Valerie Bragnetz	Avada YMCA
	07:30 – 08:30	Total Body Conditioning	26 remaining places	BOOK	Kevin Smith(Manager)	Avada YMCA

Week of 05/20 Timetable > Arvada YMCA All trainers All services BOOK

MY SCHEDULE \$ PILATES REFORMER \$ STUDIO Y GROUP CLASSES HEALTH COACHING

NUTRITION PERSONAL TRAINING PILATES 1-2-1

Wednesday 22 May 2024

16:30 – 17:30	Indoor Cycling	Indoor Cycling	8 remaining
17:30 – 18:20	\$ Pilates Reformer	\$ Pilates Reformer	FULL. 1 on wait-list
18:00 – 19:00	Indoor Cycling	Indoor Cycling	12 remaining
18:00 – 19:00	Zumba	Zumba	29 remaining
19:00 – 20:00	Vinyasa Yoga	Vinyasa Yoga	28 remaining

Thursday 23 May 2024

05:15 – 06:15	Step	Step	26 remaining
07:30 – 08:30	Total Body Conditioning	Total Body Conditioning	26 remaining

Pick Items

Start typing...

Current selection

- Arvada YMCA
- Downtown Denver YMCA
- Arvada YMCA
- Aurora YMCA
- Littleton Family YMCA
- University Hills YMCA
- Southwest Family YMCA

Apply filter

5. Once you've filtered by your location, select your class.

Week of 05/20 Timetable > Arvada YMCA All sub-locations All trainers All services BOOK

MY SCHEDULE \$ PILATES REFORMER \$ STUDIO Y GROUP CLASSES HEALTH COACHING MESSAGE MEMBER ORIENTATION

NUTRITION PERSONAL TRAINING PILATES 1-2-1

Wednesday 22 May 2024

16:30 – 17:30	Indoor Cycling	Indoor Cycling	8 remaining places	BOOK	Tara McJunkin	Arvada YMCA
17:30 – 18:20	\$ Pilates Reformer	\$ Pilates Reformer	FULL. 1 on wait-list	WAIT-LIST	Lori Adams	Arvada YMCA
18:00 – 19:00	Indoor Cycling	Indoor Cycling	12 remaining places	BOOK	Tara McJunkin	Arvada YMCA
18:00 – 19:00	Zumba	Zumba	29 remaining places	BOOK	Lyza Posey	Arvada YMCA
19:00 – 20:00	Vinyasa Yoga	Vinyasa Yoga	28 remaining places	BOOK	Tyko Birch	Arvada YMCA

Thursday 23 May 2024

6. Confirm your reservation. That's it!

Week of 05/20 Timetable > All sub-locations All trainers All services BOOK

MY SCHEDULE \$ PILATES REFORMER \$ STUDIO Y GROUP CLASSES HEALTH COACHING MESSAGE MEMBER ORIENTATION

NUTRITION PERSONAL TRAINING PILATES 1-2-1

Wednesday 22 May 2024

16:30 – 17:30 Indoor Cycling Indoor Cycling 8 remaining places BOOK Tara McJunkin Arvada YMCA

Book appointment

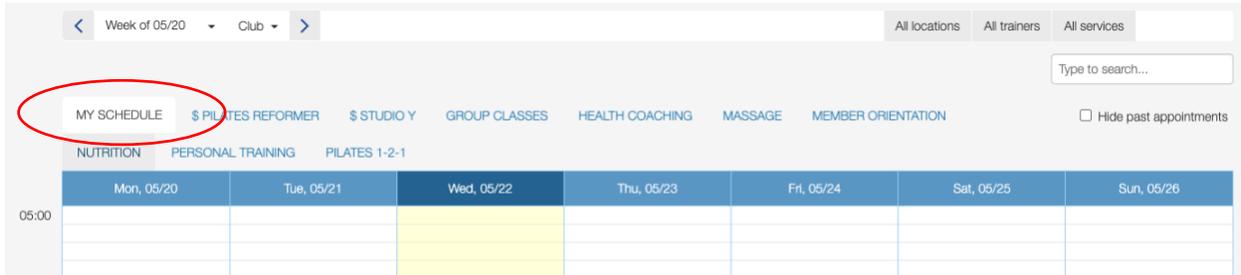
You are going to book an appointment. You will be added onto the list of attendees.

Cancel Yes, continue with booking

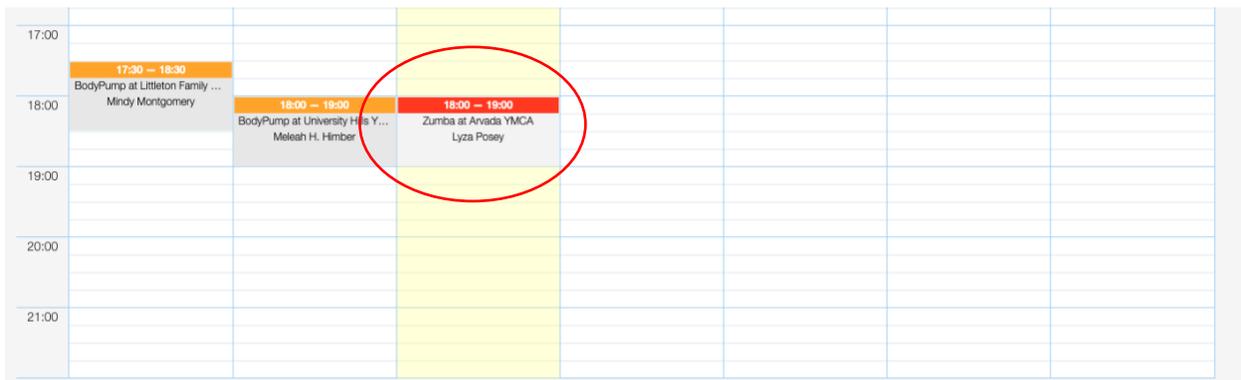
CANCELLING A GROUP FITNESS CLASS RESERVATION

If you want to see your schedule, and perhaps cancel a booking:

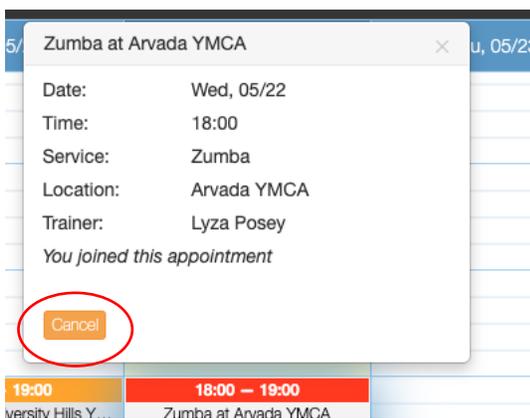
1. Go to My Schedule



2. Scroll the page to see your booking.



3. Select the booking.



4. Select Cancel button.

Cancel appointment ×

You are going to cancel the appointment. You will be removed from the list of attendees and will be refunded.

Don't cancel

Yes, continue with cancel

5. Confirm your cancellation. The class will be removed from your schedule.