



Andover/North Andover Y Group Exercise Online Reservation Instructions

GETTING STARTED:

1. Go to: <http://andover.mvymca.org/andover/wellness>
2. Click on the class that you want to attend.
3. For Spinning, select the bike you'd like to reserve.
4. Log In or create a new account if this is your first time.
5. You can also go to the "My Account" tab to sign up for a new account and then register for classes.

IMPORTANT INFORMATION:

- Reservations may be made 2 days in advance and is ongoing 24 hours per day.
- Reservations may be made up to 15 minutes prior to the class start time.
- Cancellations can be made up to 15 minutes prior to class start time.
- Your spot may be given to another participant who is waiting if you are not in the studio and have checked in with the instructor **5 MINUTES PRIOR** to the class start time.
- Waitlisted participants are accepted into class if there is an available spot 5 minutes prior to class start time, and are accepted in the order that they are waitlisted in, then non-registered members (walk-in's) are given a spot if available.
- You can **CANCEL/MODIFY** your reservation by going to your "My Account" dashboard or to the scheduling page and clicking on the class you signed up for.

FAQ's:

- The online registration system will send you an email with your data after class if you are pre-registered and wear a heart rate monitor chest strap **AND** have registered the monitor in your account. There is a number on the back of your chest strap that you enter in the "device" field on your account profile. Chest strap must be ANT+ compatible. Polar, FitBit and Apple watches do not sync with this system

as they are not ANT+ compatible. Our welcome center sells compatible HR chest straps, or email Nicole Bennett for a list of compatible devices.

- Spinning data will be sent to you even if you don't wear a HR monitor, but only if you are pre-registered for the class and only from the bike you are assigned to.
- From your dashboard you can opt in/out to be displayed on the studio monitor.

Please contact Nicole Bennett at nbennett@mvyymca.org with any questions