

THE AMPERSAND FITNESS CENTRE ONLINE ACCOUNT SET UP & CLASS REGISTRATION

The Ampersand

Fitness is moving toward a new registration system with Heavens Fitness

What does this mean for you?

Ability to register for all of your group **fitness, yoga, and spin classes** from the comfort of your home or office (1 week in advance of the class) and ability to view and manage your personal

The Ampersand (140/112 – 4th Avenue) Fitness Account

Class Prices:

Single Drop In: \$9.00 + GST

10 Punch Card: \$60.00 + GST

20 Punch Card: \$114.00 + GST

First Class: FREE

Once your Aspen Club paperwork with Aspen Properties is completed, contact ampersandfitness@aspenproperties.ca to create your account to register for a Mind Body account with The Ampersand Fitness Centre. Once your account is set up, go to **“MY PROFILE”** and complete any missing or pertinent information to help us serve you better moving forward.

Please note that as the Mind Body site for The Ampersand Fitness Centre is a private site, you will not have access to the Mind Body App. You will, however, be able to access your account through the internet on your phone or desktop.

Remember to write down your new username & password and keep it in a safe place.

Sign-up for classes

1. Login
2. Click on “CLASSES” on the top tool bar. When you find your class, click “Sign up now”.
3. If you haven't purchased class passes yet, the system will take you to class payment options.
4. Next, you can log out of the system in the top right corner

OR

5. Click on the **“CLASSES”** Tab at the top and search for additional Class to sign up for.
6. Online registration for classes can be done two weeks in advance and closes ½ hour prior to class start time. If you wish to attend class after that time, you may register with the weight floor supervisor on shift, if space is available.



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Cancel class reservation

1. Log into your account.
2. Select the **"My Info"** Tab
3. Click **"My Schedule"**
4. Your signed-up class schedule will be listed for the week.
5. If you wish to cancel out of a class, select the **"Cancel"** button that corresponds with the class that you wish to cancel. You must cancel out of a class at least ½ hour prior to the class start time, to ensure a refund for the class.

Please note a minimum of 2, registered participants by 10:45am the day of each group fitness class is required. If the minimum requirement is not met by this time, the class will be cancelled. For classes that are cancelled by Heavens Fitness Ltd., participants will receive cancellation notification, and class fees (payments) will be returned to their &Fitness Mind Body profiles.

Waitlist Process

1. Follow the steps listed under **"Sign up for classes"** to register
2. If the class is full, you will have an option to be added to the waitlist. Choose **Yes** or **No** to complete the waitlist process.

If you made the Waitlist...

- You will receive an email confirmation that your name has been added to the list.
- OR**
- You can also log in to your account and select **"My Info", "My Schedule"**
 - ✓ This will show all of the classes that you are registered for
 - If you do not wish to keep the reservation, you must cancel out of the class so that others can register for the class. Follow the steps listed under "How to cancel Your Reservation"

Questions?

- Email us at ampersandfitness@aspenproperties.ca
- Phone: 403.265.0400



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