

&FITNESS CENTRE ONLINE ACCOUNT SET UP & CLASS REGISTRATION

&Fitness is moving towards a new registration system with Heavens Fitness

What does this mean for you?

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

Class Prices:

Single Drop In: \$9.00 + GST

10 Punch Card: \$60.00 + GST

20 Punch Card: \$114.00 + GST

Once you have signed up on the Aspen App, you will be eligible for access to Mind Body with The &Fitness. Please speak to an Ampersand Fitness representative. Once set up, please go to "MY PROFILE" and complete any missing or pertinent information to help us serve you better moving forward.

If you were previously provided with access to Mind Body, you may use the same login credentials to access your account. Forgot your passwords, you can reset easily from the Mind Body site.

Please note that as the Mind Body site for &Fitness 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 have not 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



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5. Click on the "CLASSES" tab at the top and search for additional Class for which you would like to sign up
6. Online registration for classes can be done one week 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 Fitness Centre Manager, if space is available
7. 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

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 class list
- OR
- You can also log in to your account and select "My Info", "My Schedule". This will show all the classes in which you are registered
- 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"



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Personal Training Reservations

1. Reservations are booked directly with the Personal Trainer. Contact an Ampersand Fitness representative to set up a consultation
2. Reservations are available for 30, 45 or 60 minute sessions
3. One on one, semi-private, and small group training is availability
4. Personal Training packages are non-refundable and non-transferrable, refunds only issued with the approval of management and property management company
5. 12 hours cancellation notice is required for all personal training sessions. Failure to provide appropriate cancellation notice may result in the session being charged to the client

Questions?

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



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