



eMbody Fitness Online Reservation Guidelines

WHICH CLASSES CAN I BOOK ONLINE?

Any class on the schedule with an (*) beside it is available for advanced online booking.

HOW DO I BOOK A CLASS ONLINE?

You can book a class online through your **My eMbody** Account starting 50 hours before class time and up to one 15 minutes prior to the start of the class.

HOW DO I KNOW THAT A CLASS HAS BEEN RESERVED FOR ME?

Once you book your class, you will receive a confirmation email from the club. If you do not receive the confirmation email and the site shows no change in the number of available spots, please attempt to reserve again. Please check your spam filter and ensure that you add confirmation@embodyfitnessclubs.com to your safe senders list.

WHAT IF A CLASS I WISH TO ATTEND IS FULL.

You will have the ability to select a wait list option for a class that has reached capacity. Should a spot become available, you will receive a notification email. You may then log in and attempt to book a spot in the class. Emails are sent to all members on the waiting list and the openings are filled on a first come-first serve basis.

WHAT IF I BOOK A CLASS BUT CAN'T MAKE IT TO THE CLASS?

Out of courtesy and fairness to all members, if you are unable to attend a class, we ask that you cancel your booking online with as much notice as possible. Under the My eMbody site, there is a tab "Cancel a class". Simply click on this link to cancel the class.

Members who have not cancelled their online reservation and do not show up at the start of the class will be considered a "no-show". **Individuals who consistently fail to cancel or "no-show" will be subject to a No Show policy.**

CAN I JUST SHOW UP FOR A CLASS?

Yes of course! However, due to the popularity of our classes, we encourage members to book online as soon as possible to avoid disappointment.

CAN I BRING A GUEST TO A CLASS?

We welcome guests at the club but give priority to our members. If a spot is available at the start of the class, your guest is welcome to participate. All guests must sign a waiver card and pay the \$25 guest fee in advance of the class.