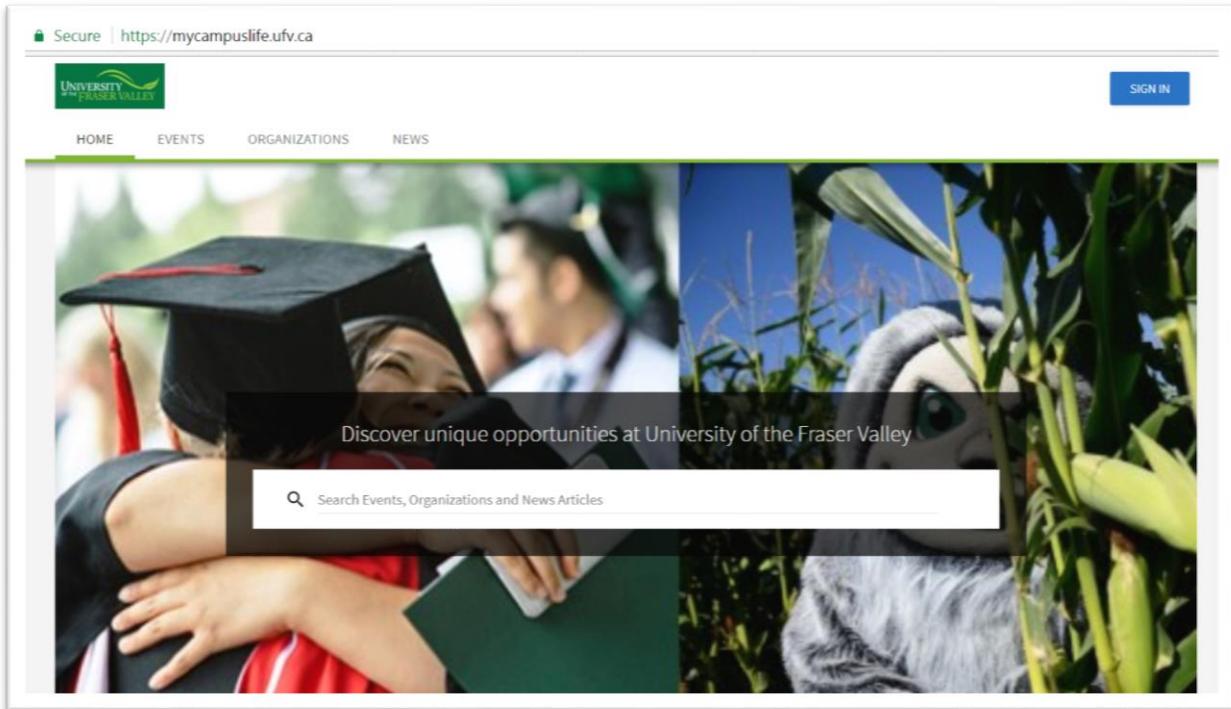
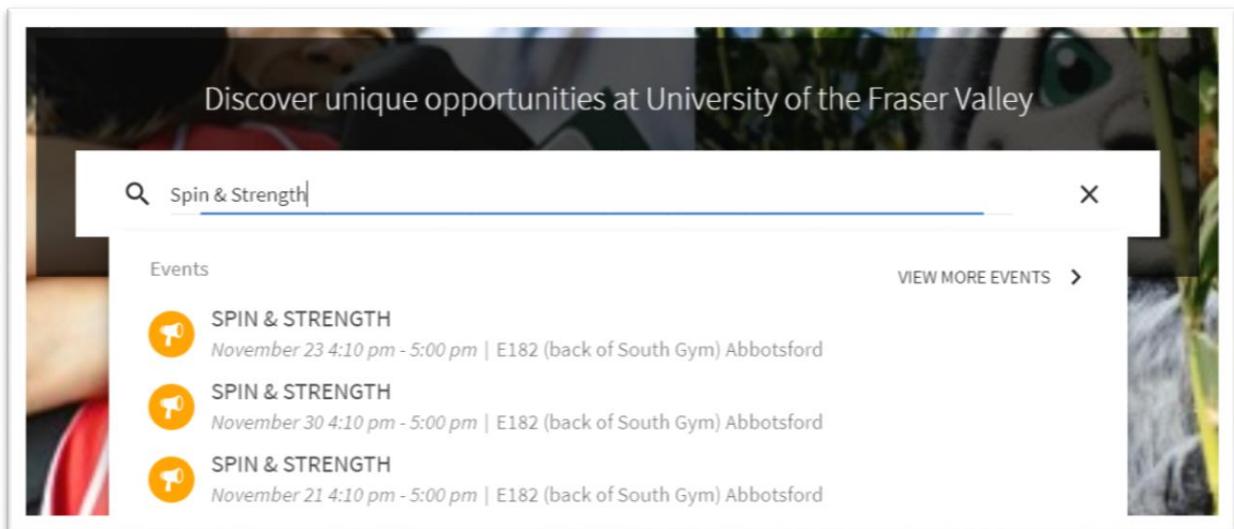


## How to reserve your spot

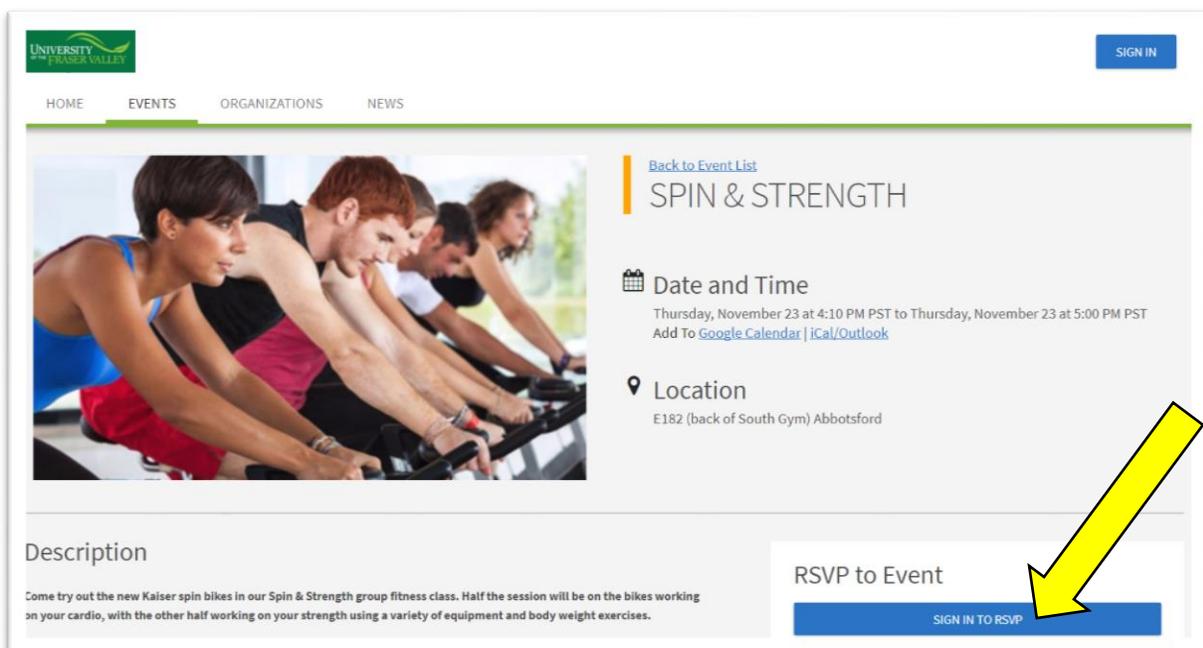
1. Go to the website <https://mycampuslife.ufv.ca/>



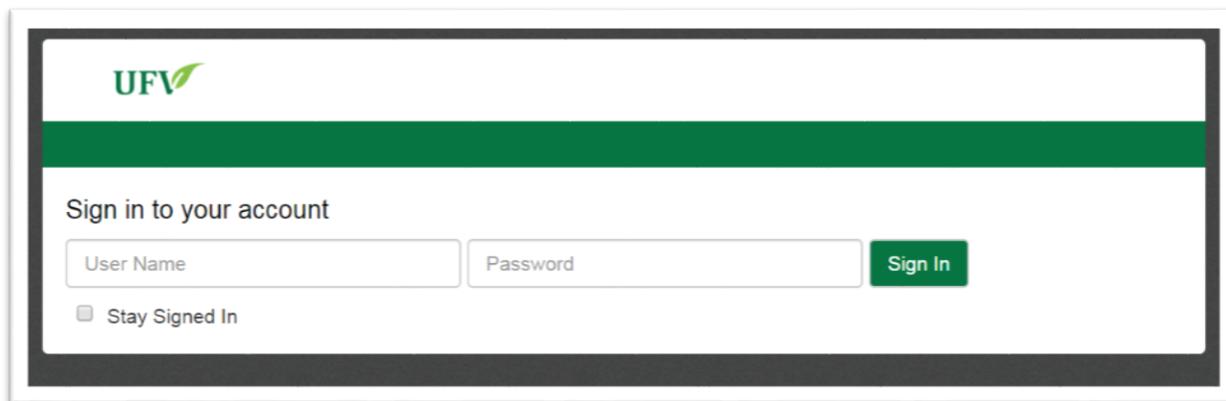
2. Type Spin & Strength in the *Search* field in the middle of your screen. Click on the appropriate class date.



3. Once on the class event page click on "SIGN IN TO RSVP"

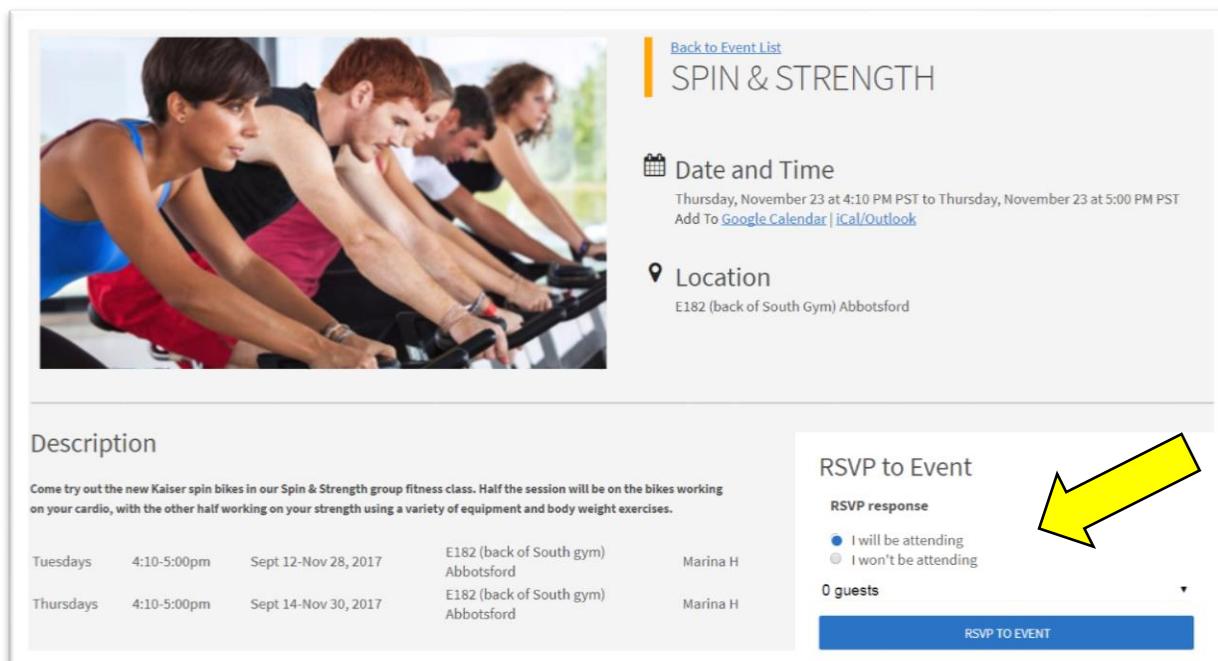


4. Sign in using your MyUFV login



The image shows a sign-in form for UFV. At the top left is the UFV logo. Below it is a green horizontal bar. The main heading is "Sign in to your account". There are two input fields: "User Name" and "Password". To the right of the "Password" field is a green "Sign In" button. Below the input fields is a checkbox labeled "Stay Signed In".

5. Select "I will be attending" and then the blue RSVP TO EVENT button to make it official.  
Note: Guests will not be accepted. Everyone must RSVP on their own account.



The image shows an event page for "SPIN & STRENGTH". On the left is a photo of people on spin bikes. On the right, there is a "Back to Event List" link, the event title "SPIN & STRENGTH", a "Date and Time" section with a calendar icon, and a "Location" section with a location pin icon. Below the photo is a "Description" section. On the right side of the page is an "RSVP to Event" section with radio buttons for "I will be attending" (selected) and "I won't be attending". Below this is a "0 guests" section and a blue "RSVP TO EVENT" button. A yellow arrow points to the "I will be attending" radio button.

[Back to Event List](#)  
**SPIN & STRENGTH**

**Date and Time**  
Thursday, November 23 at 4:10 PM PST to Thursday, November 23 at 5:00 PM PST  
Add To [Google Calendar](#) | [iCal/Outlook](#)

**Location**  
E182 (back of South Gym) Abbotsford

**Description**  
Come try out the new Kaiser spin bikes in our Spin & Strength group fitness class. Half the session will be on the bikes working on your cardio, with the other half working on your strength using a variety of equipment and body weight exercises.

|           |             |                      |                                     |          |
|-----------|-------------|----------------------|-------------------------------------|----------|
| Tuesdays  | 4:10-5:00pm | Sept 12-Nov 28, 2017 | E182 (back of South gym) Abbotsford | Marina H |
| Thursdays | 4:10-5:00pm | Sept 14-Nov 30, 2017 | E182 (back of South gym) Abbotsford | Marina H |

**RSVP to Event**

**RSVP response**

I will be attending  
 I won't be attending

**0 guests**

[RSVP TO EVENT](#)

6. Once you submit your RSVP a small box will come up at the bottom of the screen that says "you have successfully RSVP'd".

We would also like to invite you to join the **Campus Recreation** Organization which will allow you to explore all of the Campus Recreation programs we are offering each semester.