**Group Fitness Classes**

How to sign up for a limited capacity class.  
i.e. Cycling, F45, Boxing, Queenax and TRX

Activate your membership & purchase the USC Workout  
Group Fitness Pass at myrecsports.usc.edu

1. Visit My.recpsports.usc.edu  
   
2. Select the whistle icon.  
   You will be redirected to IMleagues.com

3. Click the image below to continue to the intramural registration site.  
   ![Intramural Sports](image)
   
   Select the image to enter IMleagues.com
Group Fitness Classes

Sign up and create an account or log in w/existing account

Select "Fitness" to see a calendar of classes

Select a class and "Sign up"

Accept the waiver and select "sign up" at the bottom of the page

Grab your ID and head to class!
Group Fitness Classes

How to take a group fitness class?

1. Purchase USC Workout
   Visit: Myrecsports.usc.edu

2. If not taking Cycling, F45, Boxing, Queenax or TRX no
   sign up is required. Sign ups are now only required for Limited
   Capacity Classes.

3. Bring your USC ID/Membership
   Card to gain access to class

4. Arrive a few minutes early and a friendly staff
   member will swipe you into class.
   Have a great Workout!