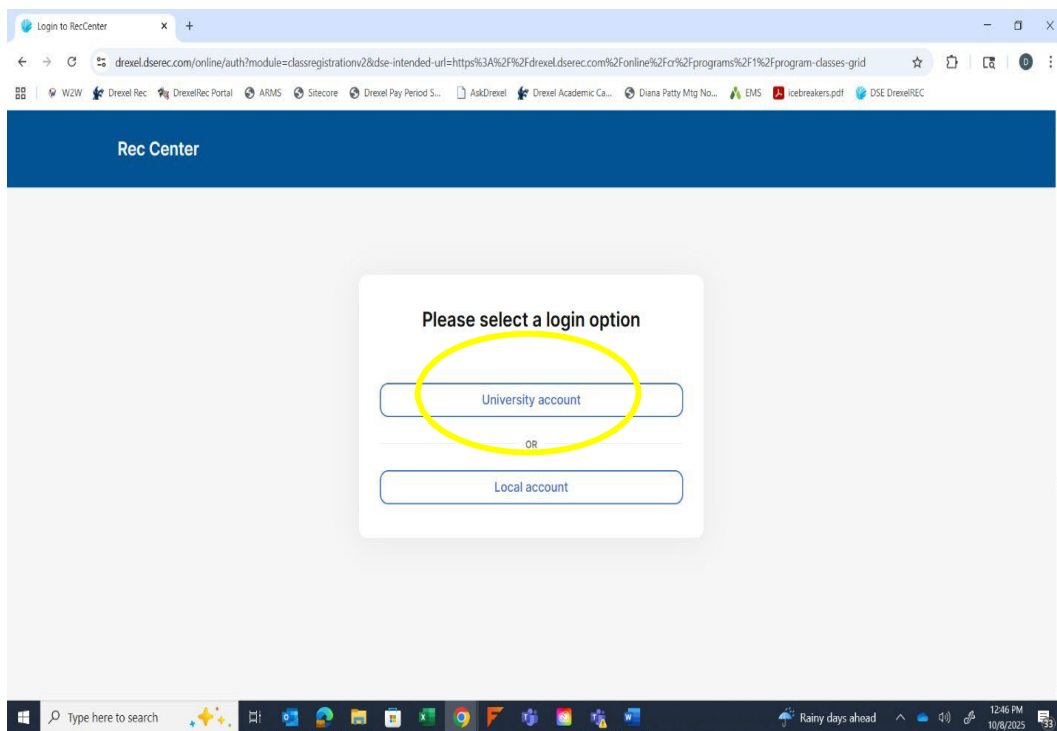




Group Exercise User Guide for Class Registration and Canceling Registration

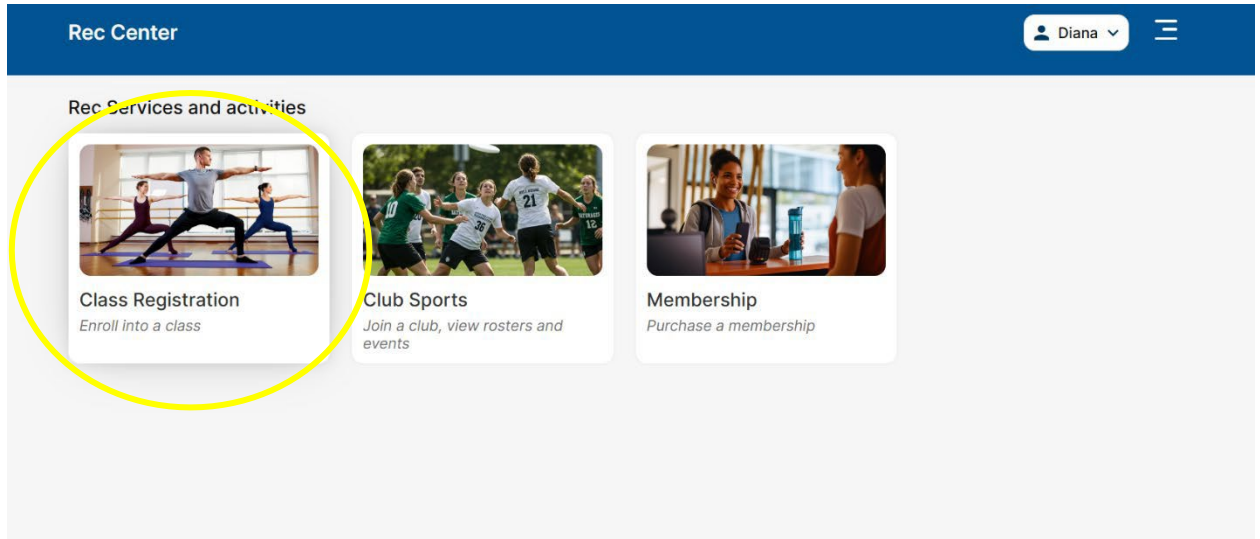
REGISTERING FOR CLASSES

1. Go to drexel.dserec.com/online/dashboard
2. Click “University Account” and log in with your Drexel One credentials. If you are not a student or employee at Drexel University, go to 2-a. for guidance.

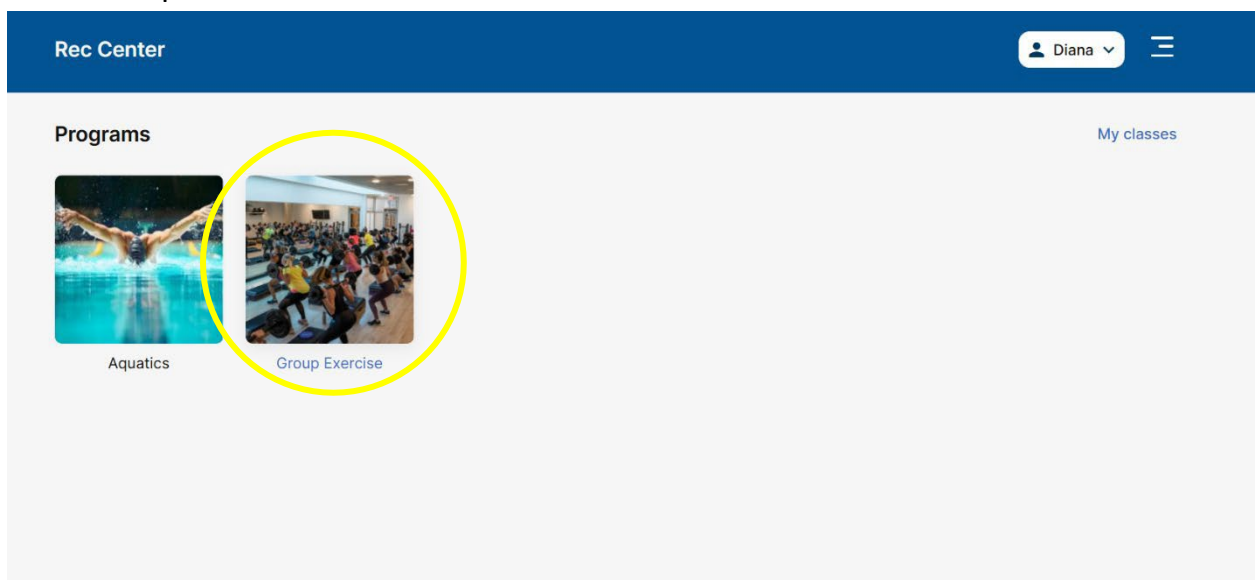


- a. Click “Local Account” and log in. If you are new to the system, click “Create One” and follow the instructions given
3. Once you log in you will land on the home page, also known as “Dashboard”

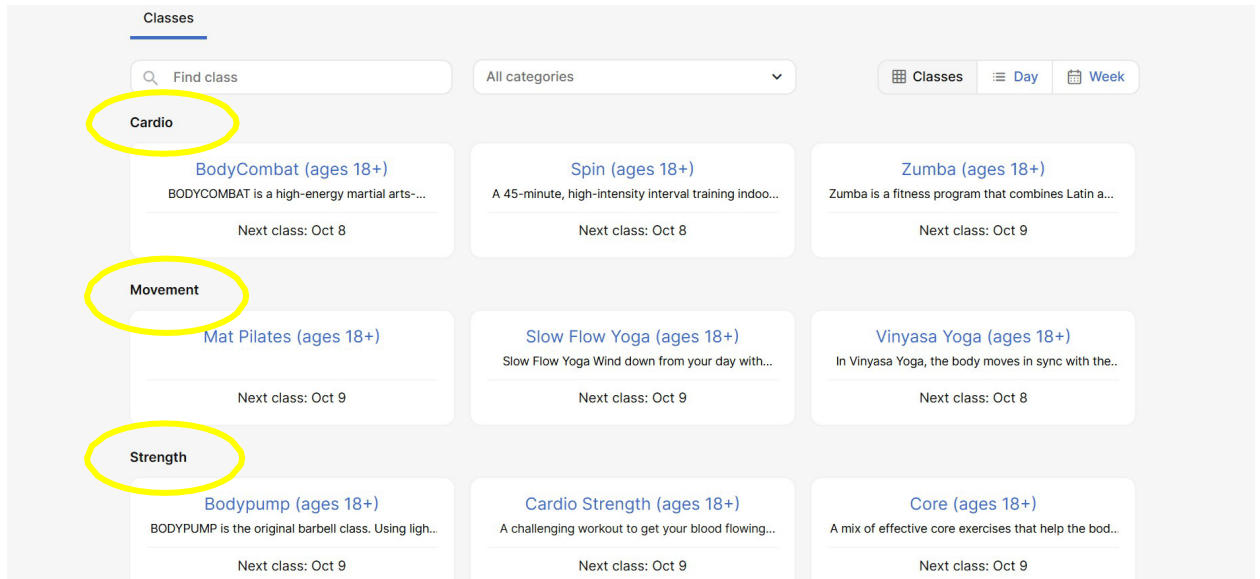
4. From the dashboard, click “Class Registration”



5. Click “Group Exercise”



6. Here you will see all class formats listed under a workout “type”: Cardio, Movement, or Strength.



Classes

Find class All categories Classes Day Week

Cardio

- BodyCombat (ages 18+)**
BODYCOMBAT is a high-energy martial arts-...
Next class: Oct 8
- Spin (ages 18+)**
A 45-minute, high-intensity interval training indoo...
Next class: Oct 8
- Zumba (ages 18+)**
Zumba is a fitness program that combines Latin a...
Next class: Oct 9

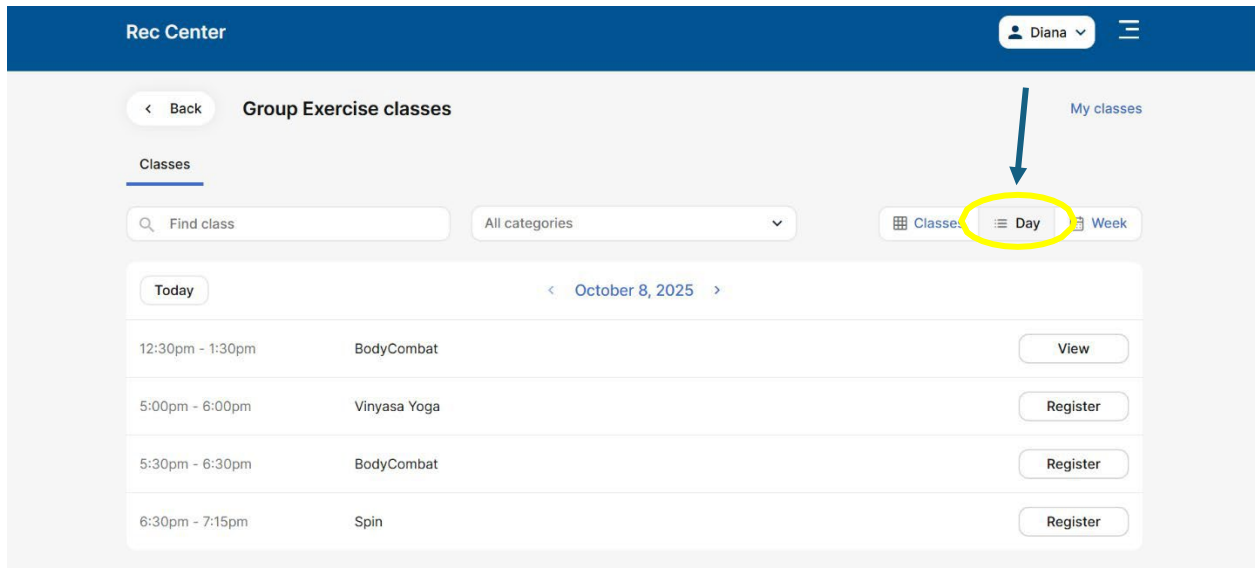
Movement

- Mat Pilates (ages 18+)**
Next class: Oct 9
- Slow Flow Yoga (ages 18+)**
Slow Flow Yoga Wind down from your day with...
Next class: Oct 9
- Vinyasa Yoga (ages 18+)**
In Vinyasa Yoga, the body moves in sync with the...
Next class: Oct 8

Strength

- Bodypump (ages 18+)**
BODYPUMP is the original barbell class. Using ligh...
Next class: Oct 9
- Cardio Strength (ages 18+)**
A challenging workout to get your blood flowing...
Next class: Oct 9
- Core (ages 18+)**
A mix of effective core exercises that help the bod...
Next class: Oct 9

You can also in the upper right-hand corner, change your view of the page to see classes by “Day”



Rec Center Diana My classes

< Back **Group Exercise classes**

Classes

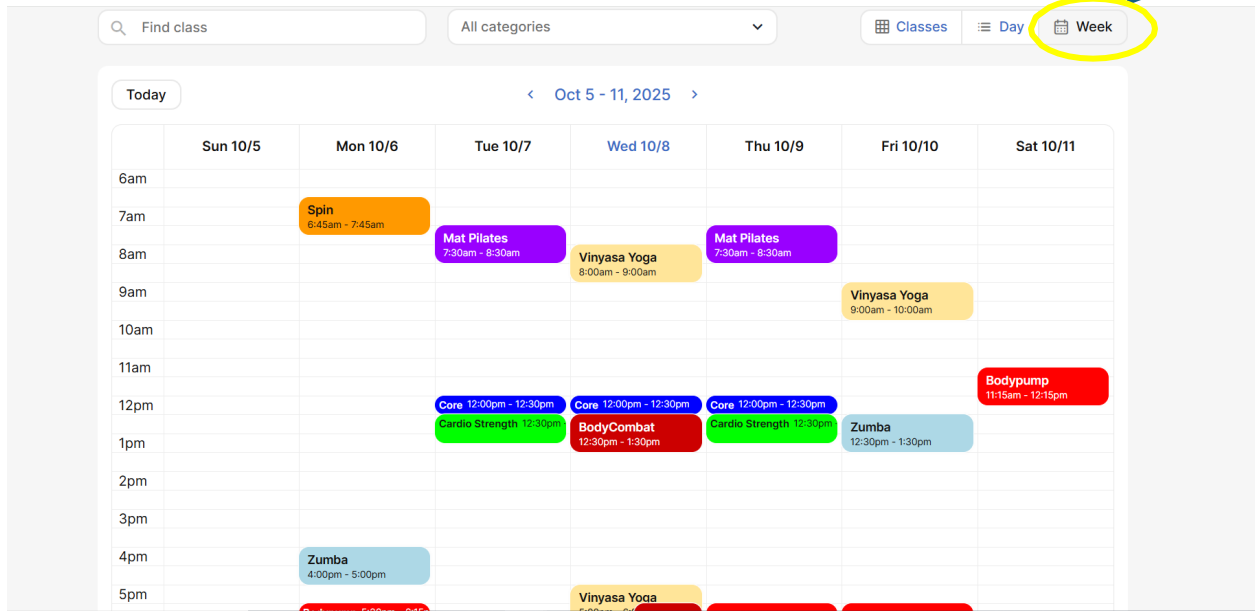
Find class All categories Classes **Day** Week

Today < October 8, 2025 >

12:30pm - 1:30pm	BodyCombat	View
5:00pm - 6:00pm	Vinyasa Yoga	Register
5:30pm - 6:30pm	BodyCombat	Register
6:30pm - 7:15pm	Spin	Register



or “Week” which will provide you a color-coded calendar of classes for the week.



7. Go to the class format you'd like to take. (ie Bodycombat, Yoga, Core..)

Rec Center Diana

Group Exercise classes My classes

Classes

Find class All categories

Cardio

- BodyCombat (ages 18+)**
BODYCOMBAT is a high-energy martial arts...
Next class: Oct 9
- Spin (ages 18+)**
A 45-minute, high-intensity interval training indoo...
Next class: Oct 8
- Zumba (ages 18+)**
Zumba is a fitness program that combines Latin a...
Next class: Oct 9

Movement

- Mat Pilates (ages 18+)**
Next class: Oct 9
- Slow Flow Yoga (ages 18+)**
Slow Flow Yoga Wind down from your day with...
Next class: Oct 9
- Vinyasa Yoga (ages 18+)**
In Vinyasa Yoga, the body moves in sync with the...
Next class: Oct 8



8. You will see all upcoming classes listed along with their dates, times, location, instructor, how many people are signed up and the max number of registrants. You will also see if the class is open for registration, or when registration opens, or if the class is closed.

Rec CenterDiana

[< Back](#) **BodyCombat**

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. Please arrive 15 minutes early to get checked in and set up.

Date/Time	Location	Instructors	Participants	Status	
10/8/2025 12:30pm - 1:30pm	Studio 218		Up to 30	Closed	View
10/8/2025 5:30pm - 6:30pm	Studio 218		Up to 30	Ongoing registration	Register
10/14/2025 5:45pm - 6:45pm	Studio 216		Up to 30	Ongoing registration	Register
10/15/2025 12:30pm - 1:30pm	Studio 218		Up to 30	Opens 10/9 6:00am	View
10/15/2025 5:30pm - 6:30pm	Studio 218		Up to 30	Opens 10/9 6:00am	View

9. You can either “View” the class or “Register”

10. Click “Register”

[< Back](#) **BodyCombat, Oct 8, 5:30pm - 6:30pm**All classes My classes

Class description

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. Please arrive 15 minutes early to get checked in and set up.

Details

Time	Oct 8, 5:30pm - 6:30pm
Space	Studio 218
Participants	Up to 30
Ages	18+
Registration ends	Oct 8 at 4:30pm

Eligibility

Drexel Affiliated, Member, Student

[Register](#)



11. Click "Complete Registration"

Rec Center

Diana

Registration summary

[All classes](#) [My classes](#)

Class

BodyCombat

Participant

Diana Cordisco

Time

Oct 8, 5:30pm - 6:30pm

Space

Studio 218

Cancellation policy

[View](#)

Cancel registration

Complete registration

12. You will receive the following note and will be all set for class!

13.

Rec Center

Diana

Registration complete

BodyCombat class will take place on Oct 8 at 5:30pm

Register for another class

Go to my classes



To CANCEL REGISTRATION

1. Click the 3-lines in the top right corner and then click “My Classes.” From there, click “View” on the specific class you want to unregister for

Rec Center

Diana

My classes

All classes

Classes

Active Past

Date	Class	Status	
10/8/2025 5:30pm - 6:30pm	BodyCombat	✓ Registered	View
10/9/2025 5:45pm - 6:45pm Class canceled	BodyCombat	✓ Registered	View

2. Click “Unregister”

Rec Center

Diana

< Back

BodyCombat, Oct 8, 5:30pm - 6:30pm

All classes My classes

Details

Participant Diana Cordisco

Time Oct 8, 5:30pm - 6:30pm

Space Studio 218

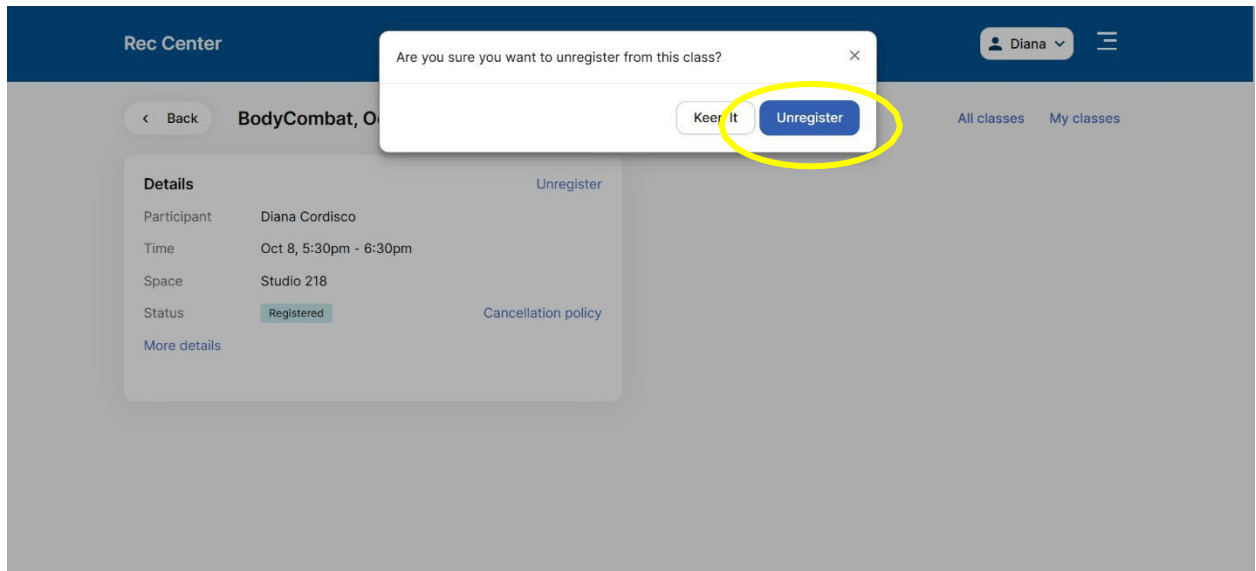
Status Registered [Cancellation policy](#)

[More details](#)

[Unregister](#)



3. You will be asked if you're sure you want to be removed from the class. Hit "Unregister" and you are all set.



POLICY REMINDERS

- Class **registration opens 6 days** in advance of scheduled class
- There are class size limits so please register in advance (30 people at most)
- There are now waitlists- so join a waitlist and you will be added if spots open up
- Please **cancel your registration** if you cannot attend class so other people can join
- You will be sent an email notifying you if classes are cancelled
- Updates on classes will also be posted on our social media @drexelreccenter on Instagram
- Classes will start on time **and if you are LATE you WILL NOT be allowed in to class**, due to safety reasons and to limit distractions and injury
- Please come 10-15 minutes in advance to get checked in and set up
- Walk-ins are welcome IF there are spots open day of
- If you have continuous no shows, you will be penalized