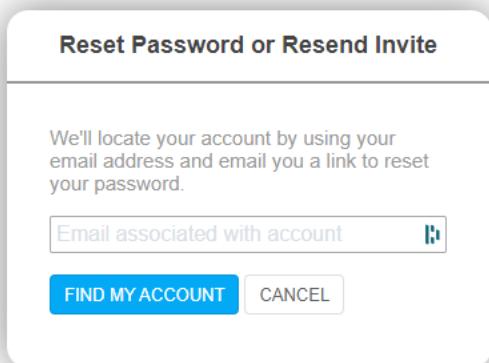


To register an account:

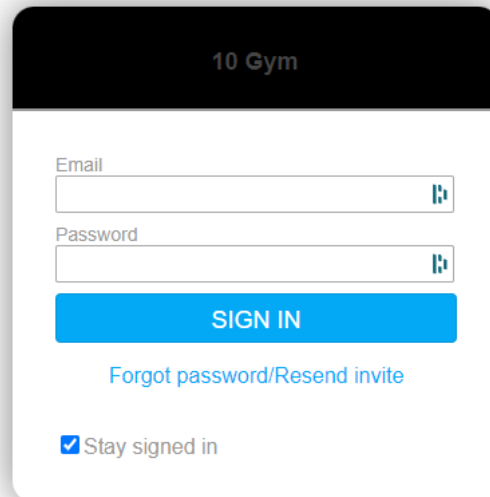
1. Visit <https://10gym.trainerize.com/app/logon.aspx>
2. **First time logging in** – Your username is your email, then click **“Forgot password/Resend invite”** to set up your new profile
3. Re-enter your email and Select the **“FIND MY ACCOUNT”** button.



Reset Password or Resend Invite

We'll locate your account by using your email address and email you a link to reset your password.

Email associated with account



10 Gym

Email

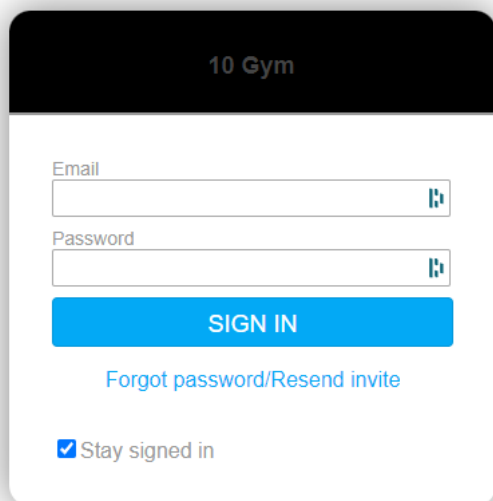
Password

[Forgot password/Resend invite](#)

Stay signed in

Then click **RETURN TO SIGN IN**.

4. Open the email you received from ABC Trainerize and reset your password.
5. Now you are ready to log in to the 10GYM member portal



10 Gym

Email

Password

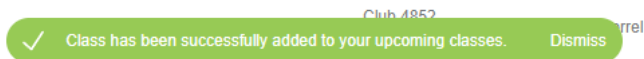
[Forgot password/Resend invite](#)

Stay signed in

- There is a section labeled **UPCOMING CLASSES**, to the right click on **“Find a class”**
- Locate the day and time for the class you want to book and click on the blue button on the right labeled **BOOK**

10:00 am - 10:45 am (45 min)	1	ZUMBA BA	Club 4852 Group Fitness	Jessica Carillo	24/45 Enrolled	BOOK
10:15 am - 11:00 am (45 min)	1	Splash Bash BA	Club 4852 H2O	Malinda Duncan	15/45 Enrolled	BOOK
11:15 am - 12:00 pm (45 min)	1	Functional Fitness - BA	Club 4852 Group Fitness	Debi Ferrel	10/45 Enrolled	BOOK
5:15 pm - 6:00 pm (45 min)	1	Total Body Blast-BA	Club 4852 Group Fitness	Kelsey Barnes	7/45 Enrolled	BOOK

- The details of that class will pop up and then you click on the blue button again **BOOK**
- You will receive a confirmation your class has been booked at the bottom of the screen.



- Then on your dashboard under **“THINGS TO DO”** at the top, you will see your class when you go to the date the class is scheduled for.
- GREAT JOB - You’re all set.**