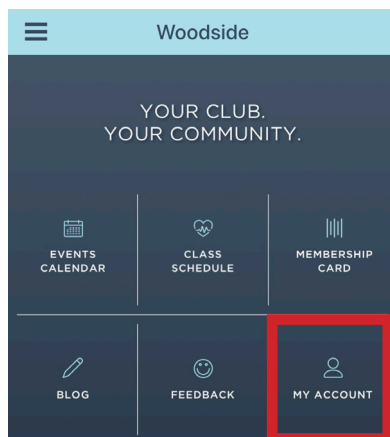



# How to Sign Up for Cardio Tennis

## STEP 1: CLICK ON MY ACCOUNT




  
WOODSIDE  
Welcome to  
Empower M.E.

---

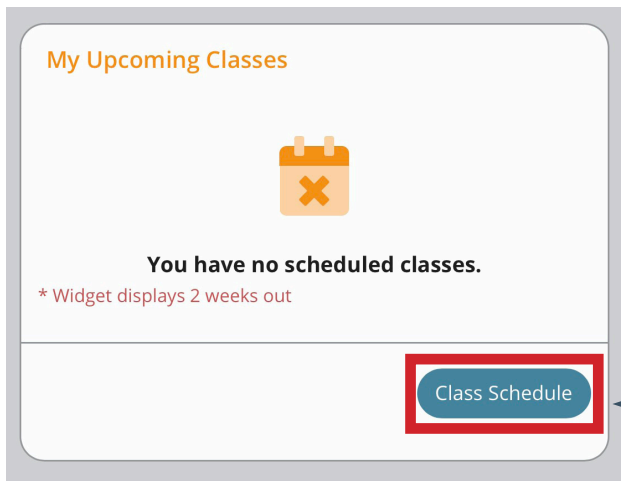
Username

Password

☐ REMEMBER USERNAME

 Login

STEP 2:  
ENTER YOUR  
USERNAME AND  
PASSWORD



**STEP 3:  
SCROLL DOWN  
AND CLICK ON  
CLASS SCHEDULE**

**STEP 4: UNDER  
SELECT CLUB,  
CHOOSE WOODSIDE  
TENNIS**

**STEP 5: UNDER  
SELECT CATEGORY,  
CHOOSE CARDIO  
TENNIS**

**STEP 6: CHOOSE THE  
CLASS YOU WOULD  
LIKE TO ENROLL IN.**

This screenshot shows the "Class Filters" section of a website. At the top, it says "Done" and "ourclublogin.com". Below this, there is a "Class Filters" header. Under "Select Date", there are tabs for "Day Of" and "Week Of", with the date "1/13/2020" displayed. Under "Select Club", a dropdown menu is open, showing "Woodside Tennis" selected and highlighted with a red border. Under "Select Category", another dropdown menu is open, showing "Cardio Tennis" selected and highlighted with a red border. A link for "MORE FILTERS" is visible at the bottom right of the filter section.

This screenshot shows a class schedule for Monday, 1/13/20. The schedule is presented in a table-like format with two rows of classes. Each row includes a clock icon, the class name, the time, the duration, the instructor, and a "STANDBY ONLY" button. The first row is for "CARDIO TENNIS - BUBBLE" at 8:30 AM, 60 minutes, by GRANT. The second row is for "TRX™ CARDIO TENNIS - INDOOR SS" at 6:00 PM, 60 minutes, by MATTHEW S. Both classes are listed as "Free". A red border highlights the entire schedule section.

Monday		1/13/20
	CARDIO TENNIS - BUBBLE	>
8:30 AM	GRANT	
60 MIN	Free	STANDBY ONLY
	TRX™ CARDIO TENNIS - INDOOR SS	>
6:00 PM	MATTHEW S	
60 MIN	Free	STANDBY ONLY

## STEP 7: CLICK ON SIGN UP

YOU WILL THEN RECEIVE  
A MESSAGE STATING YOU  
ARE IN THE CLASS OR ON  
STANDBY

### Cardio Tennis - Indoor SS ×

Class Instructor: Grant  
Class Length: 60 min  
Date: 01/14/2020  
Time: 6:00 PM

#### - CLASS DESCRIPTION -

Class featuring tennis drills to give 3.0+ players an ultimate, high-energy workout. This class requires a reservation. You must scan your membership barcode AND check-in for classes at the front desk before your reserved class to avoid a no-show fee. Mobile Users: Adding classes to your calendar does NOT reserve your spot. You must sign up on MyWoodside via the link below:  
<https://www.ourclublogin.com/Account/Login/510398>

Cancel

Sign Up

### Confirmation

Dashboard / Select Classes / Confirmation

### Cardio Tennis - Indoor SS

#### ON STANDBY

We apologize but it seems this class is filled up. You have been placed on standby status and no further action is necessary at this time.

 [What is Standby?](#)

STANDBY STATUS

[Find More Classes](#)

## STEP 8: CHECK YOUR EMAIL FOR VERIFICATION OF ENROLLMENT

You have been added to the standby list for the following class.

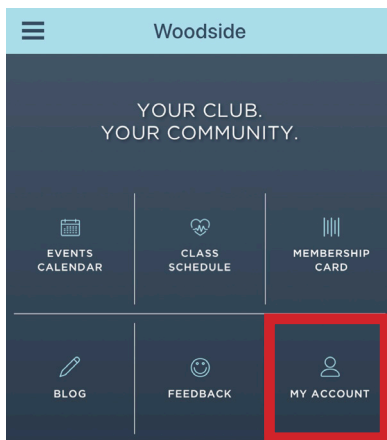
Instructor: Grant  
Location: Woodside Tennis  
Class Name: Cardio Tennis - Indoor SS  
Class Time: 1/14/2020 6:00:00 PM  
Class Duration: 60 minutes  
Date Enrolled: 1/13/2020 10:48:49 AM


Thank you,  
Woodside Tennis

# How to Unenroll in Cardio Tennis

*DUE TO LIMITED SPACE IN THE CLASS, IF YOU CANNOT MAKE A CLASS YOU ENROLLED FOR YOU **MUST** UNENROLL PRIOR TO THE CLASS. SHOULD YOU NOT UNENROLL YOU WILL BE CHARGED A \$5 NO SHOW FEE.*

## STEP 1: CLICK ON MY ACCOUNT



  
WOODSIDE  
Welcome to  
**Empower M.E.**

---

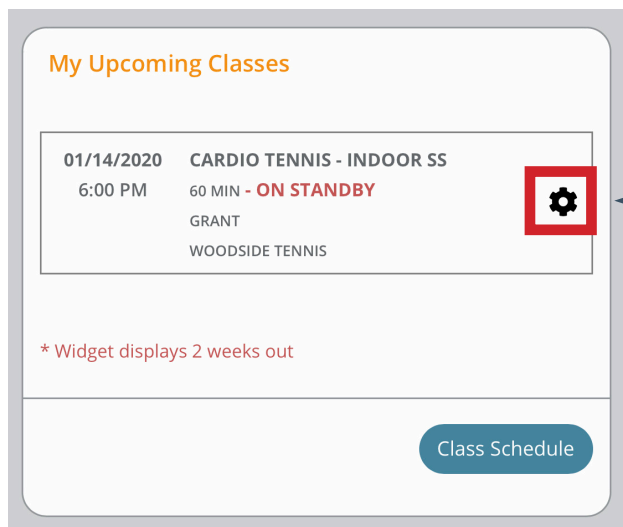
**Username**

**Password**

☐ REMEMBER USERNAME

➔ Login

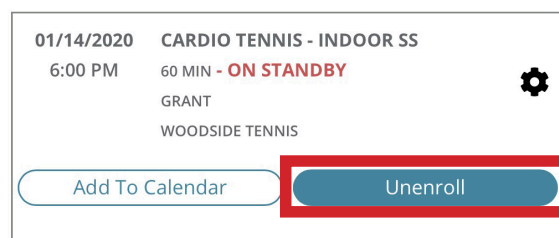
**STEP 2:  
ENTER YOUR  
USERNAME AND  
PASSWORD**



**STEP 3:**  
SCROLL DOWN TO  
UPCOMING  
CLASSES THEN,  
CLICK THE GEAR  
NEXT TO CARDIO  
TENNIS

**STEP 4: CLICK UNENROLL.**  
YOU WILL RECEIVE AN  
EMAIL CONFIRMING THAT  
YOU HAVE UNENROLLED.

**My Upcoming Classes**



\* Widget displays 2 weeks out

Class Schedule

# Cardio Tennis Schedule and Policies

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## REGISTER ON MYWOODSIDE

### SCHEDULE

#### TRX CARDIO TENNIS

MONDAY | 6 - 7PM | REGISTER 48 HOURS IN ADVANCE

#### INTRO TO CARDIO TENNIS

WEDNESDAY | 6AM - 7PM | REGISTER 60 HOURS IN ADVANCE  
6PM - 7PM | REGISTER 48 HOURS IN ADVANCE

#### CARDIO TENNIS

MONDAY | 8:30 - 9:30AM | REGISTER 48 HOURS IN ADVANCE  
TUESDAY/THURSDAY | 6 - 7AM | REGISTER 60 HOURS IN ADVANCE  
6 AM | \$5 CARDIO | REGISTER 84 HOURS IN ADVANCE

TUESDAY | 6 - 7PM | REGISTER 48 HOURS IN ADVANCE  
SATURDAY | 8:30 - 9:30AM | REGISTER 48 HOURS IN ADVANCE  
8:30 AM | \$5 CARDIO | REGISTER 72 HOURS IN ADVANCE

### FREE COURT

If you register for the class and are not able to make it. You need to unenroll through MyWoodside so the next member on the standby list can make it into the class. You can unenroll up to one hour prior to class. You may not unenroll within one hour of class as this does not give the member on standby enough notice to get to the class. If you do not unenroll and do not show up for class, you will be charged a \$5 no show fee.

If you are on the standby list and decide to show up to class, you may be turned away from the class if it is full. We do our best to keep to the 10:1 ratio. If someone does not show up and there is room, it is the tennis professionals discretion to have you stay.

### \$5 CONVENIENCE COURT

This was designed to allow for early registration so a member could guarantee a spot into cardio class.

When there is a \$5 convenience court, the same unenroll policies apply as above for both courts. If a member that is on standby decides to show up for class to see if there is room and there is and the tennis professional decides to allow you to stay then you will be charged \$5.