How to Register for Employee Health & Wellbeing Fitness Classes

Step 1: Go to https://recreation.udel.edu & click 'log in'

Step 2: Click 'CAS' and enter your UDID and pin OR username and password to log in

Step 3: Scroll down and click on "Employee Health and Wellbeing" under navigation

Step 4: On the left menu under ‘Classification’, click on 'Wellbeing Group Fitness (Employee)'

Step 5: Click on a class to sign-up or view more details.
- Employee Barre Fusion: $0.00
- Employee BODYCOMBAT: $0.00
- Employee Cardio Strength: $0.00
- Employee Cycle: $0.00

Step 6: Click ‘register’ for the class you want to attend

Program Details
- Program: Employee Cycle
  - Cost: $0.00

Program Instances
- Friday, August 24, 2018
  - 12:15 PM to 1:00 PM
  - Register

Step 7: Follow the 'check out' process in the shopping cart.

If you need assistance please contact Employee Health & Wellbeing at wellbeing@udel.edu or 302-831-8388