

# 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

## LOG IN

Click the CAS button to login using your UD information.

Username

Password

[Click Here if you're having trouble signing in.](#)

Click here to login with UD email and password.

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

## NAVIGATION



Recreation Fitness Programs



Fitness Services



UD CrossFit



Employee Health & Wellbeing



Facilities



Racquet Court Reservations

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

### Classification

- All Classifications
- proshop
- Recreation Group Fitness
- Recreation Programs
- UD CrossFit
- Wellbeing Group Fitness (Employee)**
- Wellbeing Programs (Employee)

### All Categories



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**Step 5:** Click on a class to sign-up or view more details.



Employee Barre Fusion

\$0.00

This class uses a combination of postures from ballet, Pilates, and yoga while fused with cardio and core conditioning to raise your heart rate. The barre is used as a prop to bala...



Employee BODYCOMBAT

\$0.00

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience nee...



Employee Cardio Strength

\$0.00

This class will vary each week. Some classes will focus on strength and body sculpting while others will focus on improving your cardio. YOU control the intensity of your workout ...



Employee Cycle

Cycling is a great option for anyone looking to improve their cardio in a low-impact setting. You will race, climb, and cruise on your bike- all from the comfort of the Little Bob...

**Step 6:** Click 'register' for the class you want to attend

## PROGRAM DETAILS

EMPLOYEE CYCLE - \$0.00

Programs / Employee Cycle

Cycling is a great option for anyone looking to improve their cardio in a low-impact setting. You will race, climb, & the Little Bob. This class is sure to get your heart pumping and all your muscles working!

### Program Instances

Friday, August 24, 2018  
12:15 PM to 1:00 PM

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

## SHOPPING CART

Chelsea Finch

O-121354

Item	Customer Name	Quantity	Unit Price	Total
Program: Free Series: Bring Your Best Self to Work	Chelsea Finch	1	\$0.00	\$0.00
<input type="button" value="REMOVE"/>				

Program Instance: Thu, Nov 1 2018 9:00 AM to 10:00 AM

Subtotal: \$0.00  
Tax: \$0.00  
Total: \$0.00

### Refund Policy

Please note that **all sales are final** and there are **no refunds**. See specific policies related to individual programs, such as fitness class cancellations and "no-shows" on detailed receipt.

If you need assistance please contact Employee Health & Wellbeing at [wellbeing@udel.edu](mailto:wellbeing@udel.edu) or 302-831-8388