

# Instructions to complete a reservation.

Reservations are available 24 hours in advance. Online reservations close one hour prior to scheduled start time.

Capacities are limited. If you are put on the waitlist, you do not have a completed reservation. You will be notified if you are moved from the waitlist into a secured reservation.

Guests are not permitted to arrive early. Guests may arrive at any time during their reserved timeslot, but must exit the facility at the end of the timeslot regardless of arrival time. Exception: Group fitness participants may check in 10 minute early. Late admittance it not permitted.

**Step 1:** Go online to <https://bit.ly/ssprdonlineres>

**Step 2:** Filter by location for preferred location and activity. You can also filter by the day of the week or category if you are open to any location.

## Reservation Activity Options Include:



- **Workout Reservations:** General workout with access to cardiovascular equipment, free weights and circuit equipment.
- **Group Fitness Classes:** Drop-in group fitness with access to specific group fitness class only. Participants may check in 10 minutes prior to class start time.
- **Lap Lane Reservations:** Pool lap lane assignment. Should be prepared to circle swim and share the lane with up to one other person.
- **Indoor Pool Leisure Swim Reservations:** Leisure/open swim at facility, may be limited to leisure pool areas only. One lane will be designated for individual water exercise for those that are interested at indoor pools only. **Please note: Cook Creek leisure swim is using an different registration process available [here](#).**
- **Buck Therapy Pool Reservations:** Individual water therapy at the Buck Therapy pool. Pool will be shared with multiple individuals who must maintain 6' of distance.
- **Sheridan Pickleball Reservation:** Doubles Pickleball play with other reserved players. Currently two courts available for up to 10 players.

« Prev Week Monday Next Week » [\(Print Schedule\)](#)


Classes marked with a  require a reservation

[category] ▼ Lone Tree Workout Reservati ▼ [class name] ▼ [instructor] ▼







Mon 6/1

Time	Title	Instructor	Studio	Category	Location	
6:00am-7:10am	Workout Reservation (see  desc)	Staff		Workout Reservations	Lone Tree Workout Reservations	<a href="#">Description</a>   <a href="#">Sign Up</a> 
7:30am-8:40am	Workout Reservation (see  desc)	Staff		Workout Reservations	Lone Tree Workout Reservations	<a href="#">Description</a>   <a href="#">Sign Up</a> 
9:00am-10:10am	Workout Reservation (see  desc)	Staff		Workout Reservations	Lone Tree Workout Reservations	<a href="#">Description</a>   <a href="#">Sign Up</a> 

**Step 3: Review the description which includes a release, then click sign up for your preferred time.**

« Prev Week Monday Next Week » [\(Print Schedule\)](#) Classes marked with a  require a reservation

[category] Lone Tree Workout Reservati [class name] [instructor]

Time	Title	Instructor	Studio	Category	Location	
6:00am-7:10am	Workout Reservation (see  desc)	Staff		Workout Reservations	Lone Tree Workout Reservations	<a href="#">Description Up </a>   <a href="#">Sign Up </a>
7:30am-8:40am	Workout Reservation (see  desc)	Staff		Workout Reservations	Lone Tree Workout Reservations	<a href="#">Description Up </a>   <a href="#">Sign Up </a>

**Step 4: Create an account by clicking create login with your preferred email and password. Use this account for all future reservations.**

Close X

Login [Create a Login](#) [Forgot Password](#)

Please login below to sign up for your class. If this is your first time signing up, please [click here to create a login](#).

Email

Password

Login

**Step 5: Login with your newly created account and click reserve a spot. Notice that the number of remaining spots is indicated.**

Workout Reservation (see desc)

7:30am - 8:40am

06/01/2020 30 Spots Available

Reserve a Spot

**Step 6: You will receive the below confirmation screen and an email to confirm your reservation is complete.**

Close X

**Workout Reservation (see desc)**

7:30am - 8:40am

06/01/2020 29 Spots Available

You have reserved a spot in the class.

You are currently signed up to attend this class.  
Cancel Reservation

Logout (LTRC Guest)

Wed 5/27/2020 10:22 AM

GroupExPRO.com <no\_response@groupexpro.com>

Class Reservation for LTRC Guest

To Lone Tree Rec. Center

Hi LTRC Guest,

You have reserved a space in the following class:

Class: Workout Reservation (see desc)  
Date: 06/01/2020  
Time: 7:30am

Thanks and we'll see you soon!  
GXP

**WARNING:** This email was sent from GroupEx PRO. Please do not reply to this email. If you have questions, please reach out to the club's Group Fitness Manager.

**To Cancel Your Reservation: Log back in and select the timeslot you wish to cancel by clicking sign up for class. You will receive the below message and need to select cancel reservation.**

Close X

**Workout Reservation (see desc)**

7:30am - 8:40am

06/01/2020 29 Spots Available

You have reserved a spot in the class.

You are currently signed up to attend this class.  
Cancel Reservation

Logout (LTRC Guest)

**Reservations may also be completed by calling the facility directly, but online reservations are preferred.**

- **Lone Tree Recreation Center: 303.708.3500**
- **Goodson Recreation Center: 303.798.2476**
- **Buck Recreation Center: 303.797.8787**
- **Sheridan Recreation: 303.761.2241**