

HCM Wellness Center: Instructions to Register for Workouts

Option 1:

Step one: Visit >> [HCMWellnessCenter.org](https://www.hcmwellnesscenter.org)

Step two: Click the [orange link](#) for the workout you would like to register

HCM Wellness Center Re-Opening Updates

We are living in extraordinary times where the importance of your health and wellness influences daily decisions.

Welcome Back:

The HCM Wellness Center will always be here for our community and your wellness journey. We welcome you with open arms (at a safe distance) to empower you to have a happy and healthy life. We will continue to update this page with information over time.

Register for Workouts:

GroupEx Classes

To make reservations for Group Exercise classes at the HCM Wellness Center.

HCM Wellness Center POOL

To make reservations for POOL activities (lap swim, arthritis therapy, water walking, etc.). *This is not for Group Exercises Classes in the pool.* Aqua classes have priority in the arthritis therapy pool.

Fitness Equipment Workout

To make reservations to workout in the HCM Wellness Center using our fitness equipment.

» Upcoming Events



Wellness Center Workouts

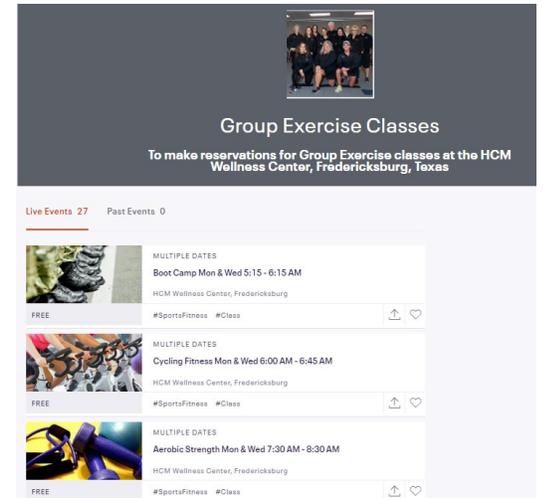
HCM Wellness Center Video Workouts

April 8 @ 10:00 am - June 2 @ 10:30 am



Wellness Center Workouts

Step three: The link you select will take you to the “workout” page in EventBrite



Group Exercise Classes

To make reservations for Group Exercise classes at the HCM Wellness Center, Fredericksburg, Texas

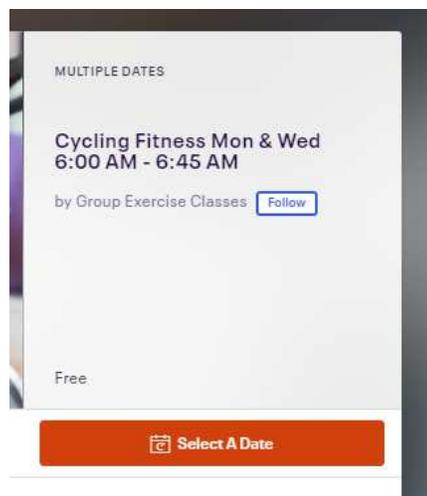
Live Events 27 Past Events 0

- Boot Camp Mon & Wed 5:15 - 6:15 AM
- Cycling Fitness Mon & Wed 6:00 AM - 6:45 AM
- Aerobic Strength Mon & Wed 7:30 AM - 8:30 AM

Step three: The link you select will take you to the “workout” page in EventBrite

Step four: Scroll through the “workout” page to view a list of classes and then select the classes to register. *You will need to complete this process multiple times if you would like to workout multiple dates.*

Step five: Click select a date



MULTIPLE DATES

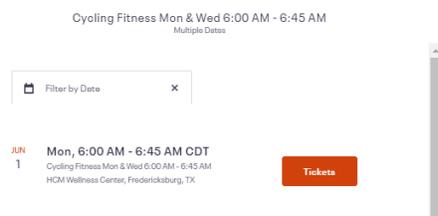
Cycling Fitness Mon & Wed 6:00 AM - 6:45 AM

by Group Exercise Classes [Follow](#)

Free

Select A Date

Step six: Select a “ticket” for the date and time you choose to register



Cycling Fitness Mon & Wed 6:00 AM - 6:45 AM

Multiple Dates

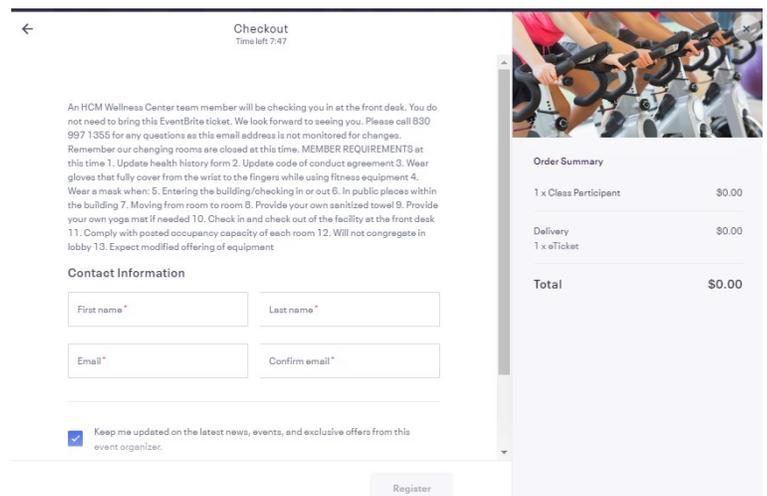
Filter by Date

JUN 1 Mon, 6:00 AM - 6:45 AM CDT

Cycling Fitness Mon & Wed 6:00 AM - 6:45 AM HCM Wellness Center, Fredericksburg, TX

Tickets

Step seven: Select register and complete your registration.



Checkout

Time left: 7:47

An HCM Wellness Center team member will be checking you in at the front desk. You do not need to bring this EventBrite ticket. We look forward to seeing you. Please call 830 997 1355 for any questions as this email address is not monitored for changes. Remember our changing rooms are closed at this time. MEMBER REQUIREMENTS at this time 1. Update health history form 2. Update code of conduct agreement 3. Wear gloves that fully cover from the wrist to the fingers while using fitness equipment 4. Wear a mask when: 5. Entering the building/checking in or out 6. In public places within the building 7. Moving from room to room 8. Provide your own sanitized towel 9. Provide your own yoga mat if needed 10. Check in and check out of the facility at the front desk 11. Comply with posted occupancy capacity of each room 12. Will not congregate in lobby 13. Expect modified offering of equipment

Contact Information

First name * Last name *

Email * Confirm email *

Keep me updated on the latest news, events, and exclusive offers from this event organizer.

Register

Order Summary

1 x Class Participant	\$0.00
Delivery 1 x eTicket	\$0.00
Total	\$0.00

Option 2:

Step one: Visit >> [EventBrite.com](https://www.eventbrite.com)

Step two: In the search box type in HCM Wellness Center

Search events

Step four: Click "Online Events" and change to "Use my current location"

Step three: Default settings in EventBrite are set to Online Events

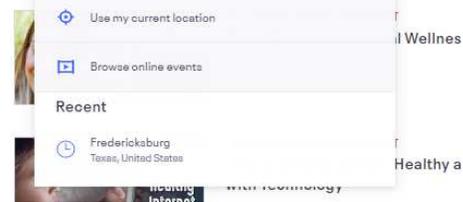
hcm wellness center

in Online Events



hcm wellness center

in Online Events



Step five: Once the filter is changed, you will see a list of all workout options

hcm wellness center

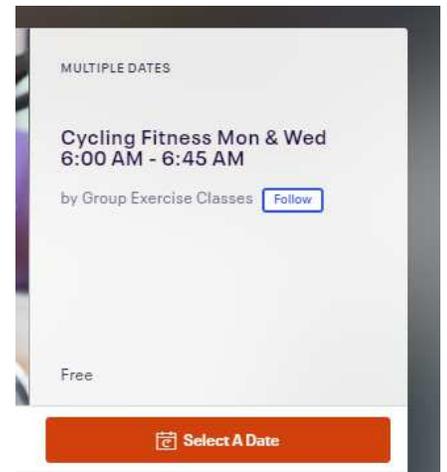
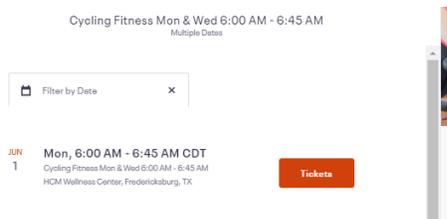
in Fredericksburg



Step six: Scroll through the page to view a list of classes and then select the classes to register. *You will need to complete this process multiple times if you would like to workout multiple dates.*

Step seven: Click select a date

Step six: Select a "ticket" for the date and time you choose to register



Step eight: Select register and complete your registration.

