

VIRTUAL "LIVE" FITNESS CLASSES

SIGN UP INSTRUCTIONS

1 **Sign In** <https://mysportsrec.kennesaw.edu/>

2 **Click OwlFit** 

3 **Click Semester**

4 **Click Class** 

5 **Register & Checkout** 

6 **A confirmation email will be sent with a join session link. Join session up to 10 minutes prior to start time.**

7 **JOIN SESSION** **Click join session or click profile then program registrations & click the camera icon.** 