

On-Site/Virtual Group Fitness Class FAQs

1. Who is eligible to register for group fitness classes?

Classes are available to full-time and part-time, benefited County employees. Extra-help, contractors, interns, and retirees are not eligible.

2. How do I find and register for a fitness class?

Log in to the Strive Well-Being [website](#) to register. Follow the full steps on the [Quick Reference Guide](#). After completing your registration online, you will receive a confirmation email with the class details (virtual class Zoom link, password, etc.).

3. How do I cancel my registration?

To cancel your registration, please email COsCops@Strive2Bfit.com as soon as possible, preferably before class begins. Include your full name, employee ID, department, and the class name.

If you frequently miss class without cancelling your registration, you may be notified and removed from the registration list to make room for other employees to participate. When you are ready and able to resume attending fitness classes, you can register at that time.

4. If I am waitlisted for a class, how will know if I get in the class?

The fitness vendor will send you an email when space becomes available.

5. What do I bring with me to class? (On-site classes only)

EWD is not responsible for lost/damaged personal items.

- Your County ID badge is required at every session (if in-person).
- Your own mat (if required), towel, and water bottle.
- Athletic clothing and footwear (no open-toed shoes).

6. If I have never taken a virtual fitness class before, how should I prepare for my first class?

Review the [General Tips](#) on the Employee Wellness Division website to help you safely participate in virtual fitness classes.

Additional Support:

- For general questions, contact Strive Well-Being at COsCops@Strive2Bfit.com.

