

A senior woman with short grey hair is shown from the chest up, wearing a grey athletic tank top. She is smiling broadly and flexing her right bicep. The background is a bright, out-of-focus outdoor setting with green foliage.

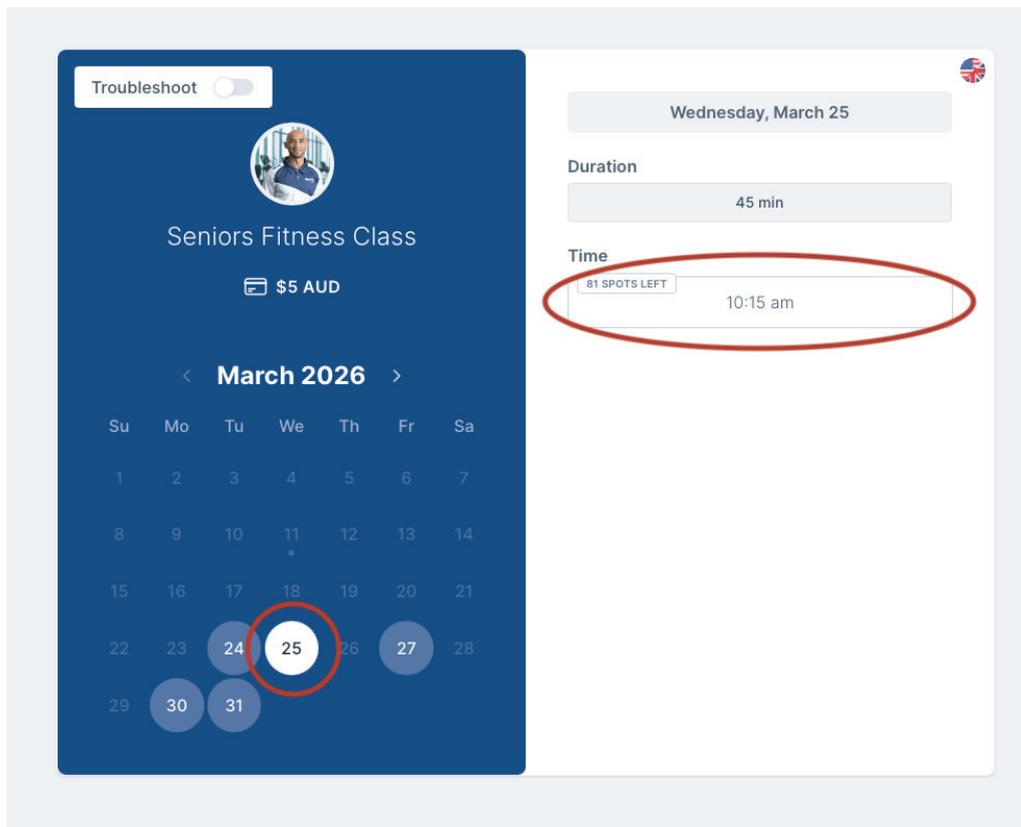
SENIOR'S FITNESS BOOKING GUIDE

Step-By-Step

THE NEW BOOKING PROCESS IS SIMPLE & EASY TO USE

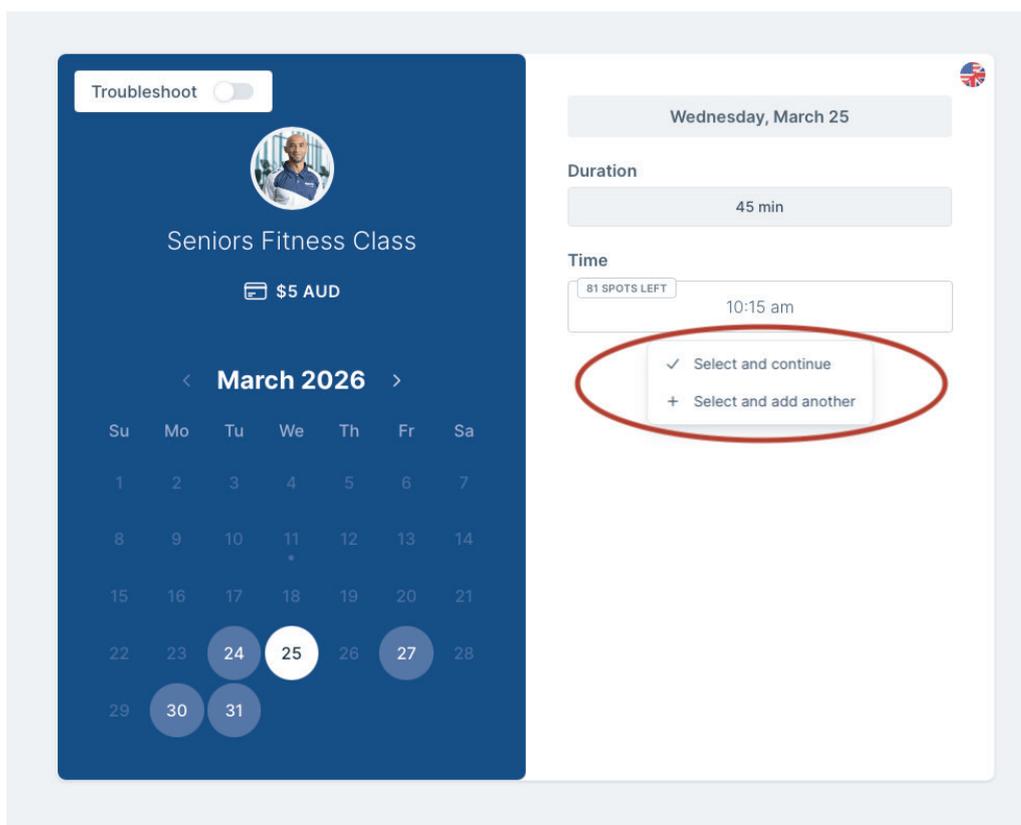
FOLLOW THIS STEP BY STEP GUIDE

Step 1: Select Date



Step 2: Single Date or Multiple Dates

Select a single session or book multiple sessions by selecting the following options.



Step 2: Single Date or Multiple Dates

To view all your selected dates, simply click 'Show' and the selected dates will appear below in a list.

Troubleshoot

Seniors Fitness Class

\$5 AUD

Classes by Vision Personal Training

< **March 2026** >

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Friday, March 27

Duration: 45 min

Time: 72 SPOTS LEFT 10:15 am

3 slots selected **Hide**

- 10:15 am - 11:00 am, Mar 24, 2026
- 10:15 am - 11:00 am, Mar 25, 2026
- 10:15 am - 11:00 am, Mar 27, 2026

Step 3: Confirm and Pay

Complete Name, Member Number and also active Email address

Seniors Fitness Class

\$5 AUD

Confirm booking

Wednesday, March 25, 2026
10:15 am - 11:00 am (GMT+11)

45 min \$5 AUD

Name *

Member Number *

Email *

Coupon code?

Payment information *
 4622 6300 7471 954 10 / 26 CVC

Secured by Stripe

Step 4: Payment Confirmation Email

A confirmation of your booking will appear & a confirmation email will be sent to you.



Seniors Fitness Class

A confirmation email will be sent to confirm your class.

 **Friday, March 27, 2026**
10:15 am - 11:00 am (GMT+11)

 45 min  \$0 AUD

 8 William Street Five Dock

Add it to [Google Calendar](#)
or [iCal/Outlook \(ICS\)](#).

[Schedule another event →](#)

Reschedule or Cancel a Class

Below is the email confirmation, and the bottom line allows you to cancel or reschedule (2hrs prior)

Hi Julian,

Your appointment is confirmed.

Add it to [Google Calendar](#) or [iCal/Outlook \(ICS\)](#).

Event

[Seniors Fitness Class](#)

Date

Friday, March 27, 2026

10:15am - 11:00am (GMT+11)

Host

Julian Henderson (marketing@canadabayclub.com.au)

Location

[8 William Street Five Dock →](#)

Price

\$5

Make changes?

[Cancel](#) — or — [Reschedule](#)



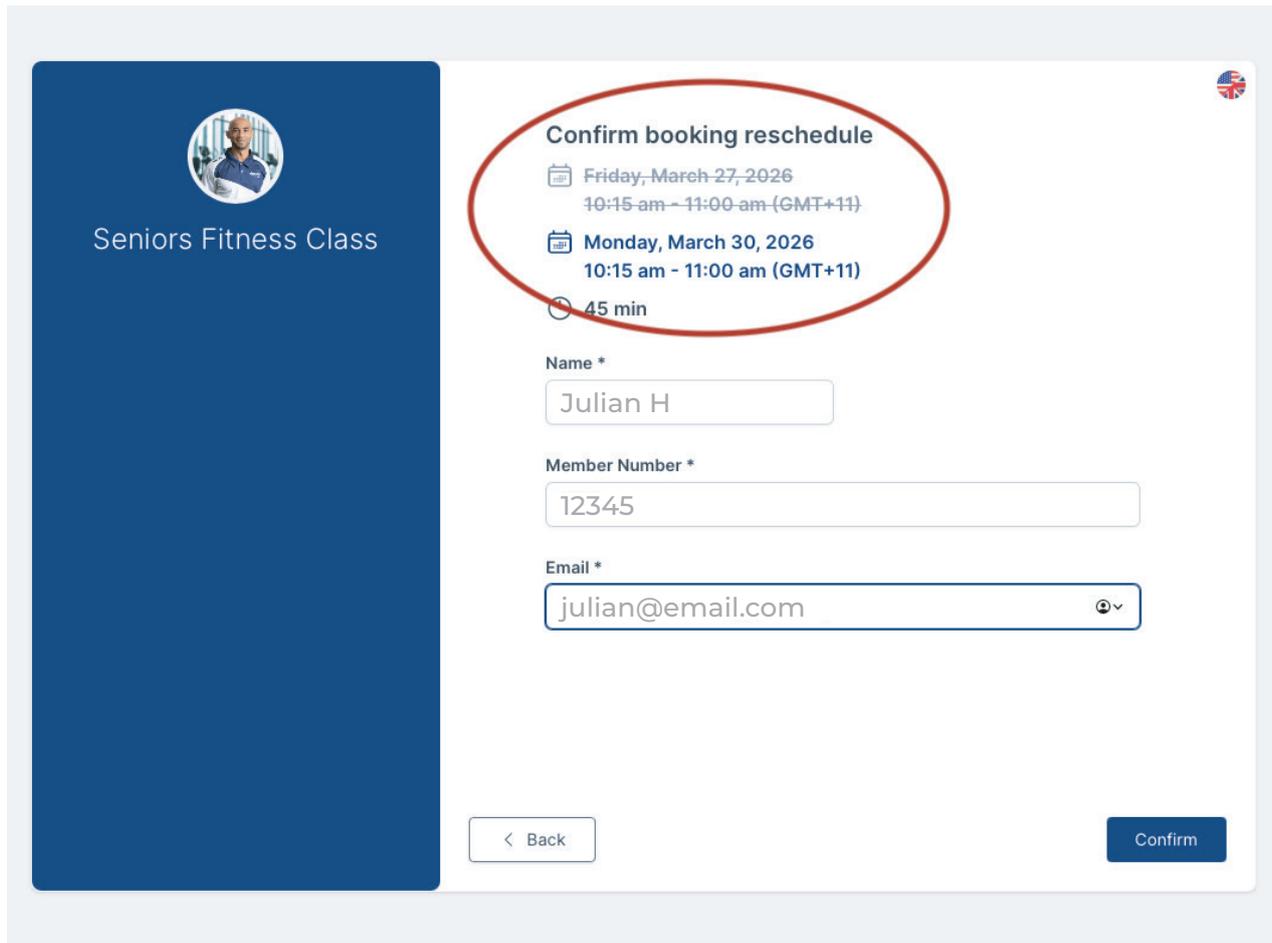
Step 1: Recommended Reschedule

When you reschedule, it will automatically apply your credit toward a new class. You will be taken to a similar booking screen to select a different date.

The screenshot shows a booking interface for a "Seniors Fitness Class". On the left, there is a dark blue sidebar with a "Troubleshoot" toggle, a profile picture of a man, and the class name. Below this is a calendar for "March 2026" with days of the week (Su to Sa) and dates. The date "30" is highlighted in a white circle. On the right, the class details are shown: "Monday, March 30", "Duration: 45 min", and "Time: 10:15 am". A "84 SPOTS LEFT" indicator is visible next to the time. A small UK flag icon is in the top right corner.

Step 2: Reschedule Confirmed

Your class & credit will be transferred to a different session time. Confirmation will appear during this process.



Seniors Fitness Class

Confirm booking reschedule

Friday, March 27, 2026
10:15 am - 11:00 am (GMT+11)

Monday, March 30, 2026
10:15 am - 11:00 am (GMT+11)

45 min

Name *

Julian H

Member Number *

12345

Email *

julian@email.com

< Back

Confirm

Cancellations & Refund Policy

You must cancel at least 48 hours prior to the class, cancellation within 48 hours will incur a \$5 cancellation fee.

When you select cancel from your email, you can cancel a session, and we will refund your booking fee. (if applicable)

SCAN THE QR CODE
TO BOOK YOUR CLASSES

koalendar.com/e/seniors-fitness-class

