



Fitness



Register for classes with our mobile app or online.

With online services and the mobile app, you also will be able to utilize the following features:

- View and manage your personal account information including transactions, statements, and billing information
- View attendance records
- Instant access to all group exercise class schedules
- Provide direct feedback or ask questions to fitness center management team
- View and purchase packages for personal training and day spa services
- Access and store all upcoming fitness center and day spa reservations
- Register for events and programs
- Register for Day Spa services (Online only)

How to sign up and access online services and mobile app:

Register for online services (need to complete this to access mobile app):

- On a computer (not a smartphone or other portable device), log on to the Fitness Center website (UHhospitals.org/Fitness) and click on Member Login (located on the left side of screen).
- Click on “Do not have a log in?”
- Please enter your Fitness Center member number, found on the back of your membership card.
 - If you joined between 1998 and March 2008, your member number will be 10 digits and start with a “1.” If you joined after April 2008 your member number will start with “AM.”
- Fill in information screen - username, password, and confirm password.

Note: If you have already registered in the past, you will receive a message: Your login credentials already exist. Please confirm your email address and your login credentials will be sent to your email address. Click OK. (Your email address must match what we have in our system.)

How to download and log onto mobile app:

Ensure you have completed steps above and registered online.

Go into the Apple app store or Google Play depending on your mobile device. Search for CSI Spectrum and download/install.



When prompted for code, use: uhavonfitness
Ensure all are lowercase.

Login using your online services user name and password.

Your app will change and look like this:



If you have questions call us at (440) 988-6818 or contact via email at Brian.Dent@UHhospitals.org. We value your questions, ideas, and requests as we strive to make the Fitness Center at University Hospitals Avon Health Center the best experience for our members.