

# Job Aid: Online Enrollment for Medicare Fitness Classes

Welcome to the San Diego Oasis Medicare Fitness Program! This guide will walk you through the process of enrolling in your fitness classes online. Our portal is available **24 hours a day** for your convenience.

## Step 1: Access the Portal

1. Go to the San Diego Oasis website: [www.sandiegoasis.org](http://www.sandiegoasis.org).
2. In the upper right-hand corner, click the link that says **Sign into my Oasis**.

National Oasis Oasis Everywhere FAQs Donate My Account

La Mesa (619) 881-6262 | Rancho Bernardo (858) 240-2880 | info@sandiegoasis.org

San Diego Oasis Lifelong Adventure

Classes Health Resources Tutoring Technology Volunteer About My Account View Classes

Welcome to San Diego Oasis

We work to prevent isolation and loneliness in older adults so they can stay healthy, engaged and involved in the world.

Take a Class Donate Teach a Class

## Step 2: Log In or Create a Profile

- **Existing Members:** Enter your username and password.
  - *Note:* If you have ever taken a class with us, you already have a profile.
  - *Forgot Password?* Use the **Lost your password** link or call the front desk at **619-881-6262** to have your credentials emailed to you.
- **New Members:** Click the red **Create Your Profile** button to set up your account.

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San Diego Oasis Lifelong Adventure

My Account

Classes Health Resources Tutoring Technology Volunteer About My Account

Login

Username \*

Password \*

Log in  Remember me [Lost your password?](#)

Register for MyOasis

Create Your Profile

### Step 3: Navigate to Classes

1. Once logged in, you will see your **Dashboard**.
2. To find classes, click **Classes** in the blue bar at the top of the screen (next to the white house icon).

The screenshot shows the San Diego Oasis website interface. At the top, there is a navigation bar with a home icon, 'Classes', 'Health', 'Resources', 'Tutoring', 'Technology', 'Volunteer', 'About', and 'My Account'. The 'Classes' menu item is highlighted with a red circle. Below the navigation bar, the user is logged in as 'johntest'. The main content area is titled 'Dashboard' and includes a 'View/Print Class Term Receipt' button. A sidebar on the left contains links for 'My wishlist', 'My waitlist', 'Dashboard >', 'Orders', 'Memberships', 'Coupons', and 'Addresses'.

#### Helpful Side Tip:

If you ever want to see what classes you have already enrolled in for the current trimester, you can click on the red button that says “**View/Print Class Term Receipt**”

This will show you:

- all of the classes you are currently enrolled in, in date order
- the date and time information of the class
- any materials needed for the class
- Zoom information for any classes that are online or hybrid

## Step 4: Filter for Fitness Classes

To find your specific classes quickly, use the filters on the right side of the screen. Scroll down to:

1. **Filter by Class Type:** Select **Exercise and Dance**.
2. **Filter by Location:** Select either **Grossmont Wellness Center** or **Rancho Bernardo Wellness Center**.
3. **Optional:** Use "Class Number" or "Instructor" filters to narrow your search further.

This screenshot shows a web interface for fitness classes. The top navigation bar includes links for Home, Classes, Health, Resources, Tutoring, Technology, Volunteer, About, and My Account. The main content area displays two class cards. The first card is for class #2065-3, 'Abs and Glutes and Thighs, Oh My! - à la carte (2/18)', scheduled for February 18 at 8:30 AM. The second card is for class #2065-4, 'Abs and Glutes and Thighs, Oh My! - à la carte (2/25)', scheduled for February 25 at 8:30 AM. Both classes are located at Rancho Bernardo Wellness Center. On the right side, there are three filter panels. The 'Filter By Class Type' panel is circled in red and shows 'Exercise and Dance' selected. The 'Filter By Location' panel lists 'Grossmont Wellness Center', 'Online Only', 'Pickleball Center of Poway', 'Point Loma Branch Library', 'Rancho Bernardo Wellness Center', and 'Wellness Center'. The 'Filter By Instructor' panel lists 'Ambrosini, Diane'. Each class card has 'ADD TO CART' and 'Add to wishlist' buttons.

This screenshot shows a web interface for fitness classes, similar to the one above. The top navigation bar is the same. The main content area displays two class cards. The first card is for class #1012-3, 'Better Balance: Free From Falls - à la carte (1/30)', scheduled for January 30 at 10:45 AM. The second card is for class #1013-2, 'Better Balance: Free From Falls - à la carte (2/13)', scheduled for February 13 at 10:45 AM. Both classes are located at Grossmont Wellness Center. On the right side, there are three filter panels. The 'Filter By Class Type' panel shows 'Exercise and Dance' selected. The 'Filter By Location' panel is circled in red and shows 'Grossmont Wellness Center' selected. The 'Filter By Instructor' panel lists 'Ambrosini, Diane', 'Awdziewicz, Martha', 'Beauchamp, Jeanna', 'Birmingham, Michael', and 'Clark, Skylar'. Each class card has 'ADD TO CART' and 'Add to wishlist' buttons.

## Step 5: Add to Cart

1. Click the blue **Add to Cart** button for each class date you wish to attend.
2. **IMPORTANT: Select "A La Carte" Sessions Only.** To ensure your Medicare Fitness coupon works, you **must** select individual dates marked "A La Carte."
  1. To attend all sessions in a class, add each of the a-la-carte dates

**NOTE: If you select the "Full Session" version of the class, the Medicare coupon will not appear to use on your checkout screen.**

The screenshot shows the LA MESA website interface. At the top, there is a navigation bar with links for Home, Classes, Health, Resources, Tutoring, Technology, Volunteer, About, and My Account. Below the navigation bar, there are two class listings for "LA MESA In-Person".

The first listing is for class #1012-3, titled "Better Balance: Free From Falls - à la carte (1/30)". It is scheduled for January 30, Friday, from 10:45 AM to 11:45 AM. The instructor is Russell Rowe, MS, Exercise Physiology. The location is Grossmont Wellness Center. A red circle highlights the "ADD TO CART" button at the bottom of this listing.

The second listing is for class #1013-2, titled "Better Balance: Free From Falls - à la carte (2/13)". It is scheduled for February 13, Friday, from 10:45 AM to 11:45 AM. The instructor is Russell Rowe, MS, Exercise Physiology. The location is Grossmont Wellness Center. A red circle highlights the "ADD TO CART" button at the bottom of this listing.

On the right side of the page, there are filter options: "Filter By Class Type" (Exercise and Dance), "Filter By Location" (Grossmont Wellness Center), and "Filter By Instructor" (Ambrosini, Diane; Awdziejewicz, Martha; Beauchamp, Jeanna; Birmingham, Michael; Clark, Skylar).

3. When finished adding your classes, click the **White Shopping Cart Icon** in the upper right corner to begin checkout.

The screenshot shows the LA MESA website interface after a class has been added to the cart. At the top, there is a navigation bar with links for Home, Classes, Health, Resources, Tutoring, Technology, Volunteer, About, and My Account. The shopping cart icon in the upper right corner is circled in red and shows a count of 2.

Below the navigation bar, there is a confirmation message: "Better Balance: Free From Falls - à la carte (2/13)" has been added to your cart. View cart

At the bottom of the page, there is a search bar with the text "Search..." and a magnifying glass icon.

## Step 6: Apply Your Medicare Coupon

1. Review your list. (Click the **pink trash can** to remove any classes added in error).
2. Scroll down to **Available Coupons**.
3. **Identify your Medicare Fitness coupons:**
  1. 1<sup>st</sup> Line of the Coupon is the total. All Medicare coupons start out with \$96 to accommodate 8, \$12 classes.
  2. 2<sup>nd</sup> Line shows the insurance partner codes starting with **RENEW** or **ASH** (depending on your insurance). **These are your Medicare Fitness Coupons.**
  3. 3<sup>rd</sup> line is the coupon expiry date.
  4. **NOTE: These will not appear if you have not used the a-la-carte versions of the classes.**
    1. Please see Step 5, in this packet.
4. **Apply the Coupons:** Click on the specific coupon for the current month/year.
5. Check your **Cart Totals** at the bottom to see the discount applied.
6. Click the red **Proceed to Checkout** button.

The screenshot shows a website navigation bar with links for Classes, Health, Resources, Tutoring, Technology, Volunteer, About, and My Account. Below the navigation bar, a cart summary states "You Have 2 Items In Your Cart". A table lists the items:

Product	Price	Quantity	Subtotal
1012 Better Balance: Free From Falls - à la carte (1/30) January 30 Friday 10:45 AM → 11:45 AM	\$12	1	\$12
1013 Better Balance: Free From Falls - à la carte (2/13) February 13 Friday 10:45 AM → 11:45 AM	\$12	1	\$12

Below the cart items, there is a section titled "Available Coupons (click on a coupon to use it)". Two coupons are displayed, both for \$96 store credit:

- INSURANCE123456.FEB2026 (March 7, 2026)
- INSURANCE123456.JAN2026 (February 8, 2026)

Red circles highlight the "Available Coupons" section and the "Proceed to checkout" button in the adjacent screenshot.

The screenshot shows a "Make a donation" form with a text input field and a dropdown menu for amounts: \$10, \$25, \$50, \$100. Below the form is an "Add Donation" button. The "Cart totals" section shows:

Subtotal	\$24
Store Credit: insurance123456.feb2026	-\$12 [Remove]
Store Credit: insurance123456.jan2026	-\$12 [Remove]
<b>Total</b>	<b>\$0</b>

Red circles highlight the "Update cart" and "Proceed to checkout" buttons at the bottom of the page.

## Step 7: Finalize Enrollment

1. **Billing Details:** Ensure your address is correct. If you are paying for additional non-Medicare covered classes, ensure the address matches the address on your credit card. Click **Continue**.

[Home](#) [Classes](#) [Health](#) [Resources](#)

Have A Promotional Code?

[Billing Address >](#)  
[Review & Payment](#)

### Billing details

First name \*  Last name \*

Company name (optional)

Country / Region \*

Street address \*

Town / City \*

State \*

ZIP Code \*

Phone (optional)

Email address \*

2. **Terms & Conditions:** Review and check the box: *"I have read and agree to the website terms and conditions."*
3. **Place Order:** Click the red **Place Order** button in the bottom right.

Have A Promotional Code?

Billing Address

Review & Payment >

Product	Subtotal
Better Balance: Free From Falls - à la carte (1/30) × 1	
January 30	
Friday	\$12
10:45 AM → 11:45 AM	
<hr/>	
Better Balance: Free From Falls - à la carte (2/13) × 1	
February 13	
Friday	\$12
10:45 AM → 11:45 AM	
<hr/>	
<b>Subtotal</b>	\$24
<b>Store Credit: insurance123456.feb2026</b>	-\$12 [Remove]
<b>Store Credit: insurance123456.jan2026</b>	-\$12 [Remove]
<b>Total</b>	\$0

Your personal data will be used to process your order, support your experience throughout this website, and for other purposes described in our [privacy policy](#).

I have read and agree to the website [terms and conditions](#) \*

# Confirmation

You will see a "Thank You" page with your order number. A confirmation receipt will be emailed to you automatically. You may also print this page for your records.

**Congratulations! We look forward to seeing you in class!**

Home Classes Health Resources

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Thank you. Your order has been received.

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- Order number: 267039
- Date: January 28, 2026
- Email: oasis@placeholder.com
- Total: \$0

### Order details

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Class	Total
1012 - Better Balance: Free From Falls - à la carte (1/30) × 1	\$12
Class Dates: 1/30/26 - 1/30/26	
Days of the week: Friday	
Time: 10:45 AM → 11:45 AM	
Location: Grossmont Wellness Center	
<hr/>	
1013 - Better Balance: Free From Falls - à la carte (2/13) × 1	\$12
Class Dates: 2/13/26 - 2/13/26	
Days of the week: Friday	
Time: 10:45 AM → 11:45 AM	
Location: Grossmont Wellness Center	
<hr/>	
<b>Subtotal:</b>	\$24
<b>Discount:</b>	-\$0
<b>Store Credit Used:</b>	-\$24
<b>Total:</b>	\$0