Step 1 – Click the menu button in the top right corner

## Sprint 🖬 \* 💎 📶 💄 4:31 $\equiv$ Home Activities Stats Teams No Active Teams Hate Ads? Click Here! \$4 to Remove Ads! Where Senior Living Thrives Enliver 8 6 (1) Home Network Me Discover $\bigcirc$ $\bigtriangledown$

## Step 2 – Click the "fitness booking" option



Step 3 – Under the schedule option find the day and time you want and select it.



## Step 4 – Join the session





Step 5 – Turn on or off reminders. Sign up for the session



Step 6 – Read the waiver, check the box, hit "next"

Step 7 – You are now signed up. Only hit "leave session" if you can no longer make your time spot





## Why won't it let me sign up for a session?



This spot is open. Book it!

Slow down! Only 2

spots per day.

This spot is not available yet. Remember, it only opens up 48 hours in advance This spot is full. Join the waiting list or book another one.