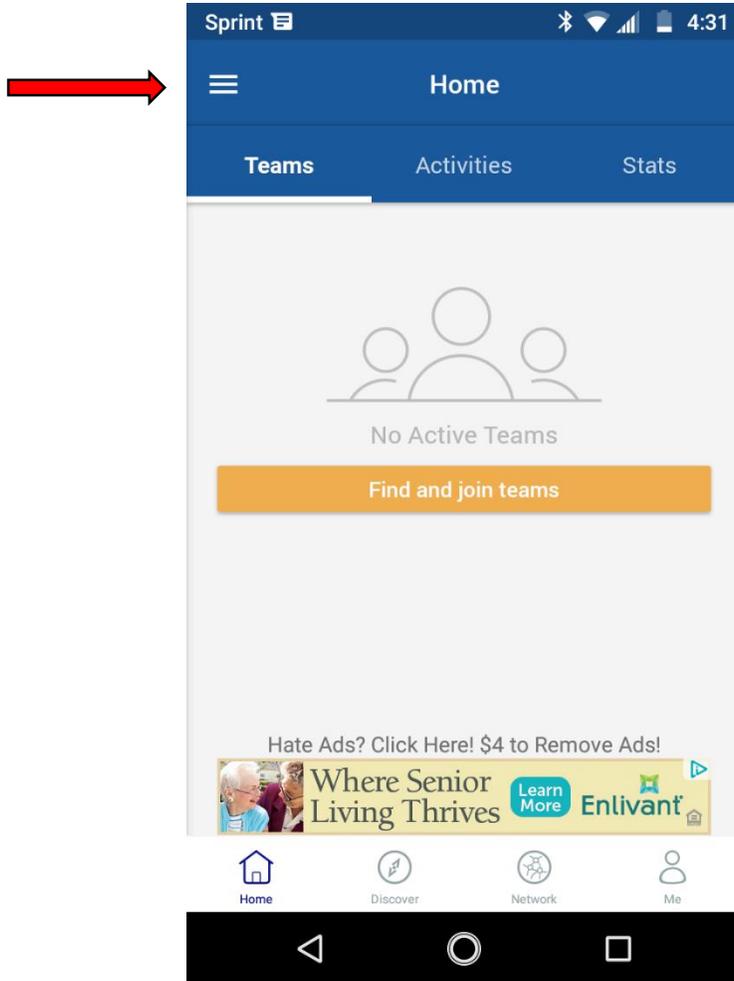
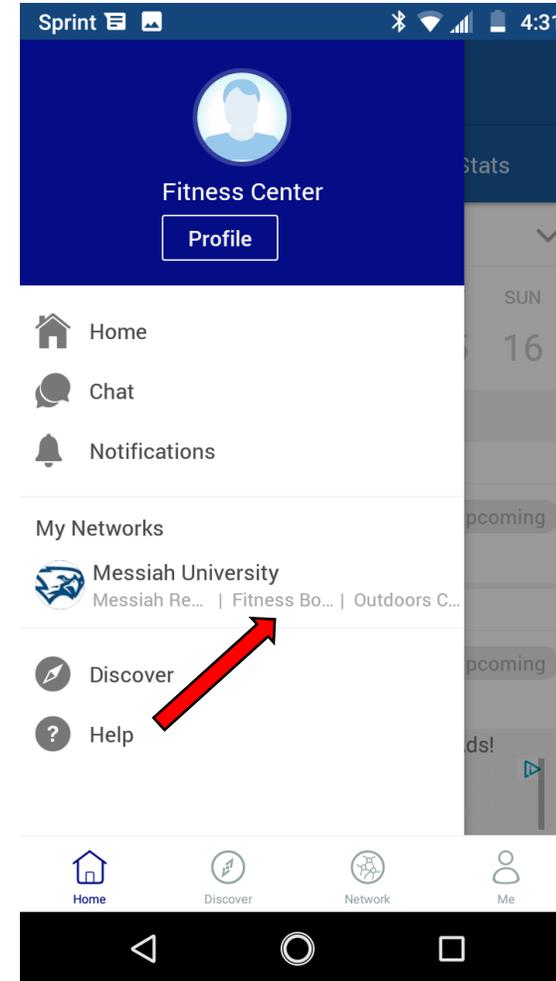


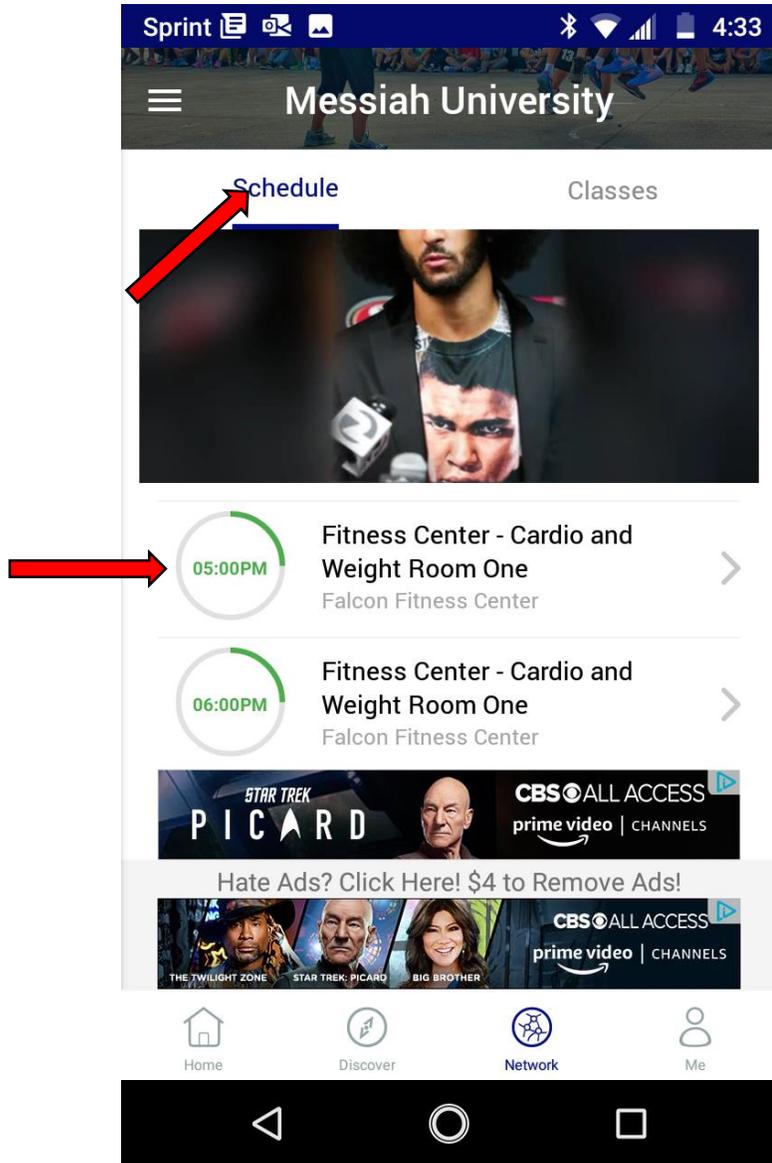
Step 1 – Click the menu button in the top right corner



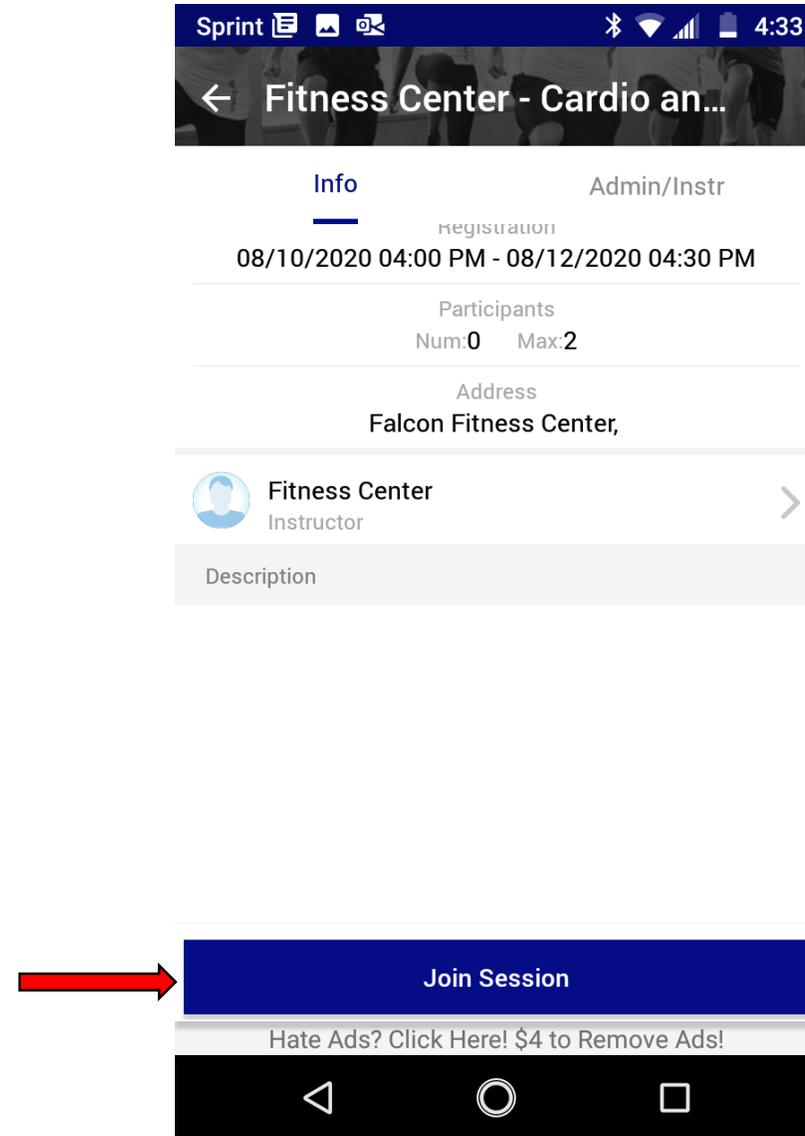
Step 2 – Click the “fitness booking” option



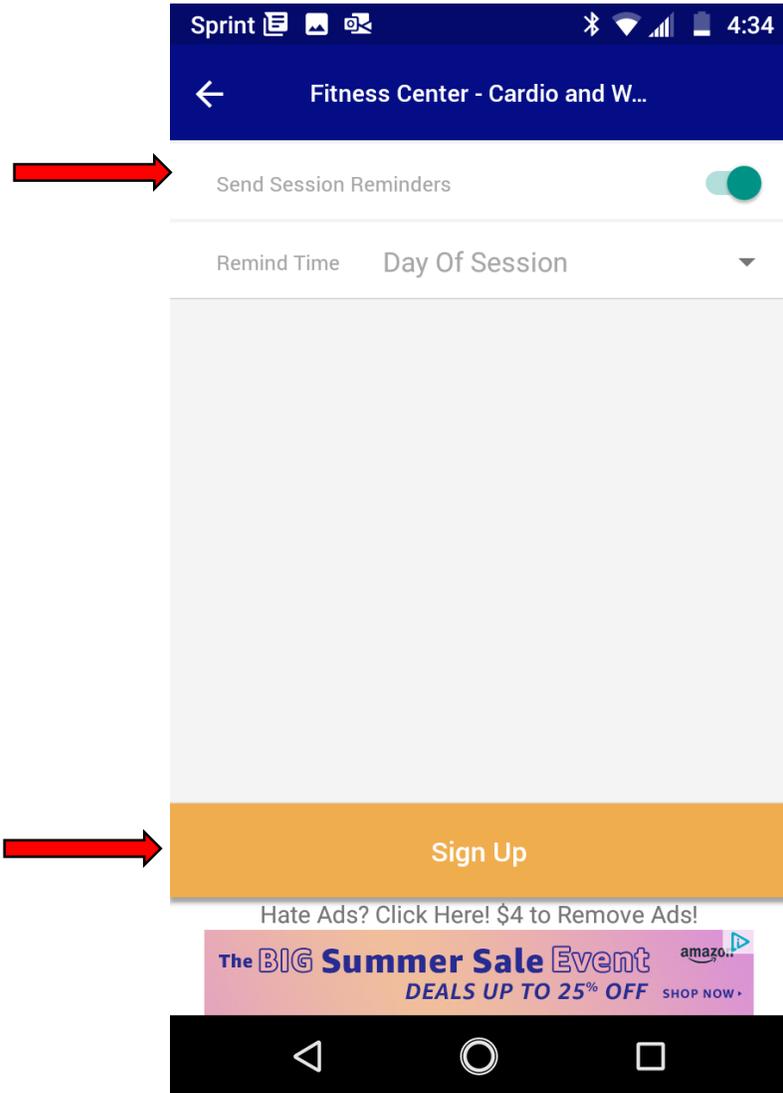
Step 3 – Under the schedule option find the day and time you want and select it.



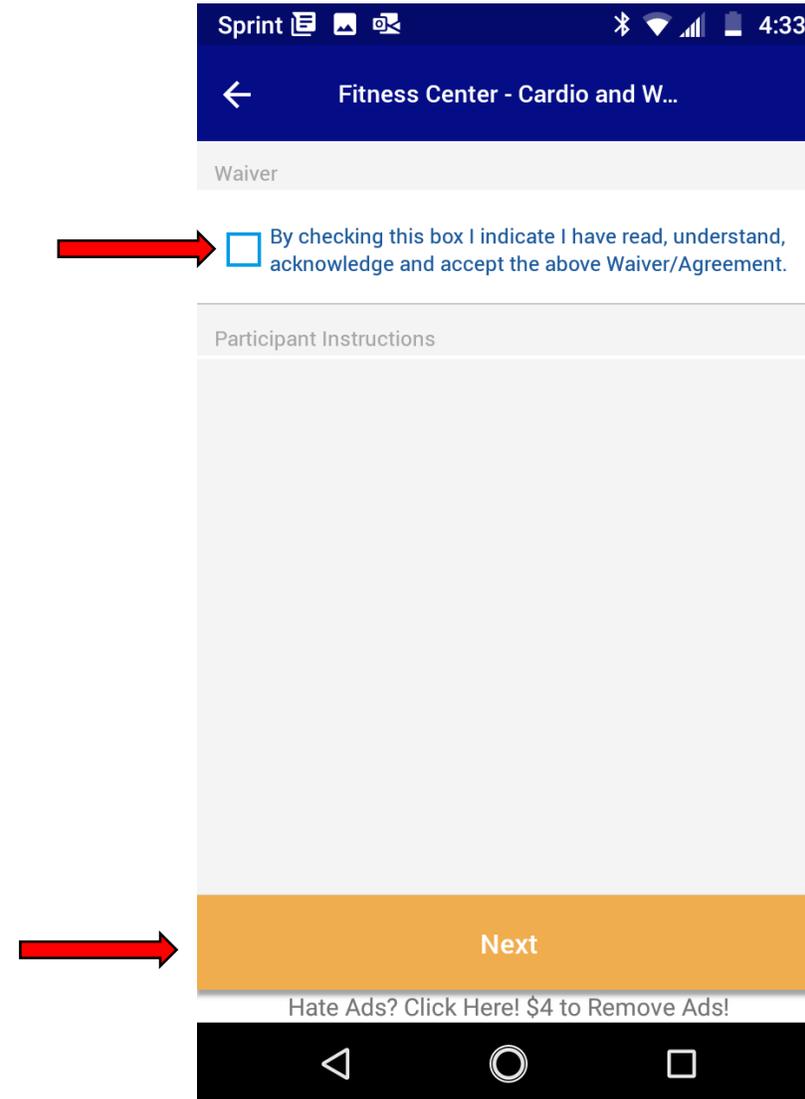
Step 4 – Join the session



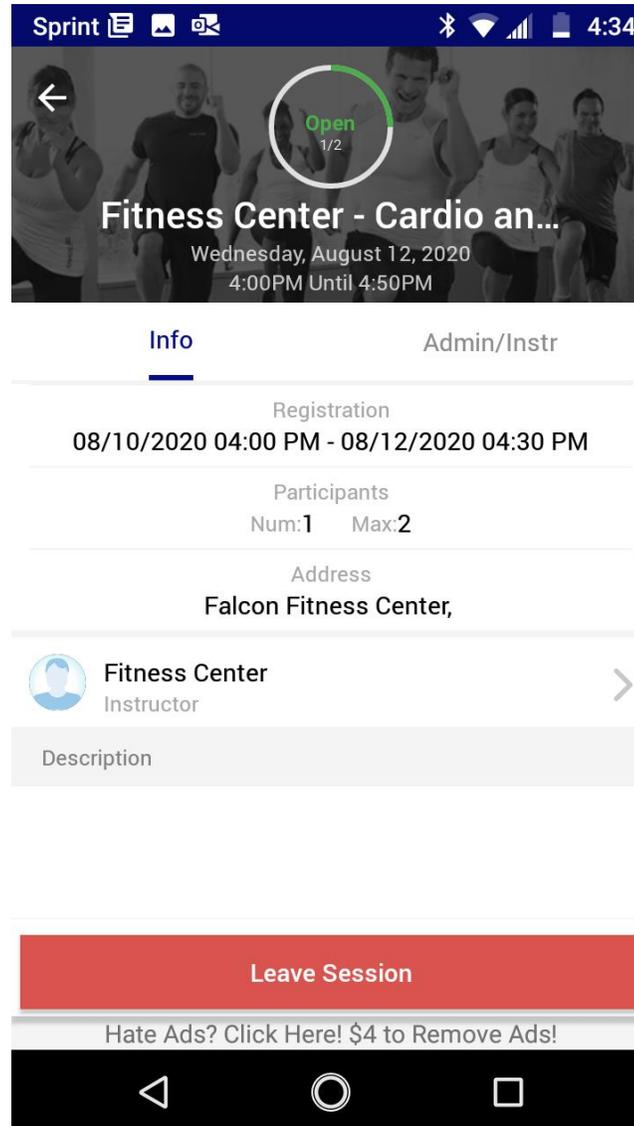
Step 5 – Turn on or off reminders. Sign up for the session



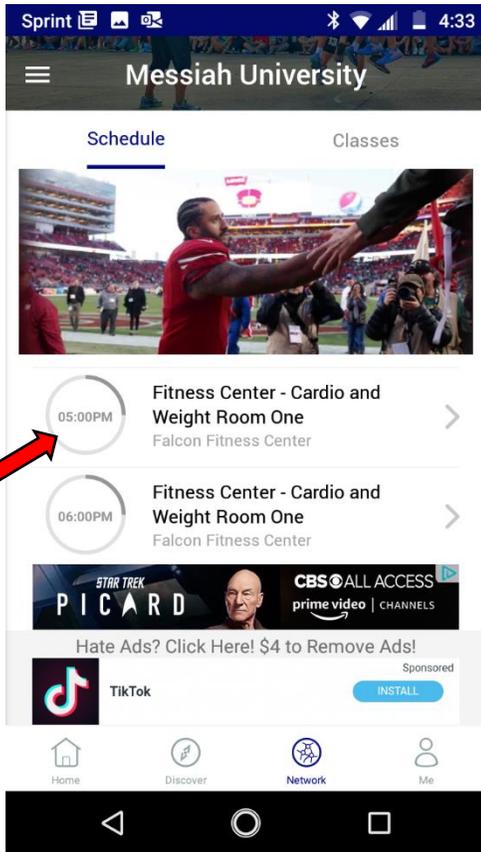
Step 6 – Read the waiver, check the box, hit "next"



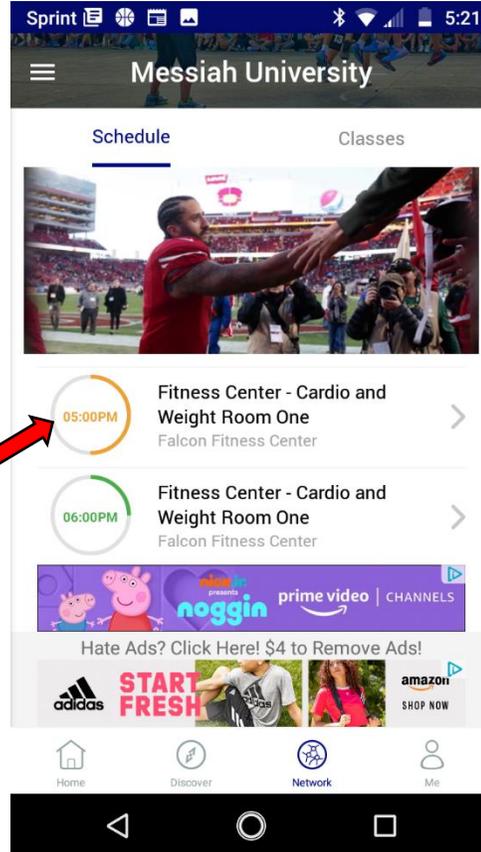
Step 7 – You are now signed up. Only hit “leave session” if you can no longer make your time spot



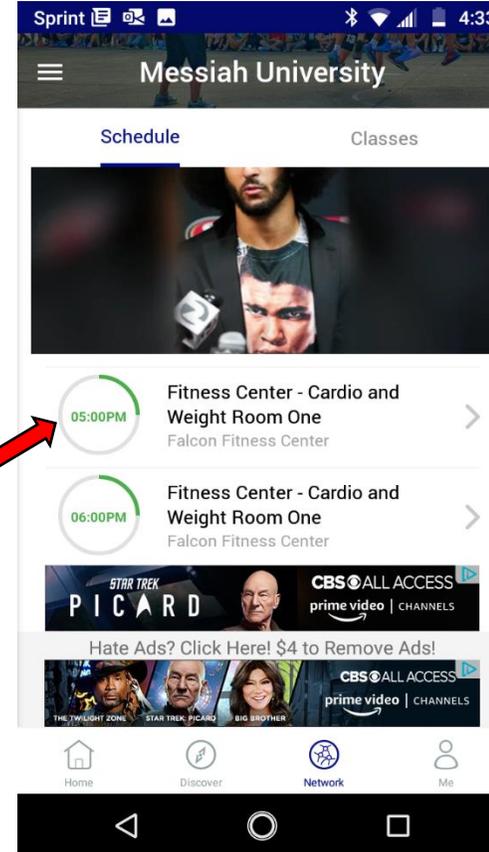
Why won't it let me sign up for a session?



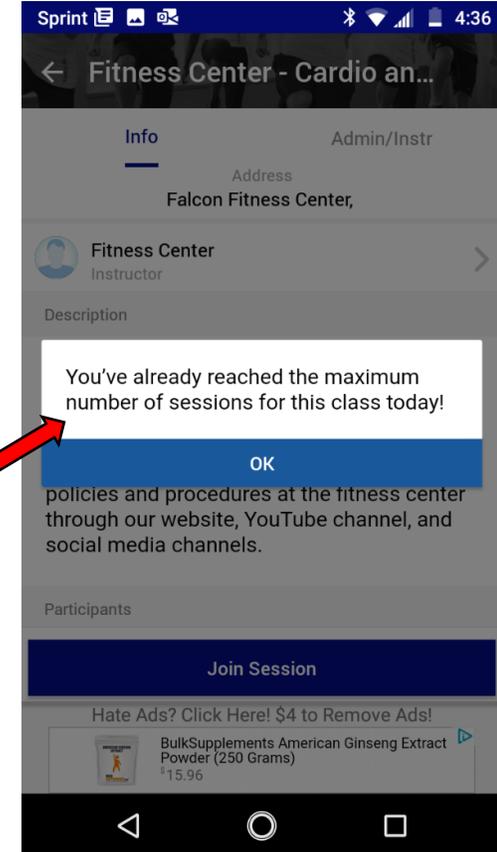
This spot is not available yet. Remember, it only opens up 48 hours in advance



This spot is full. Join the waiting list or book another one.



This spot is open. Book it!



Slow down! Only 2 spots per day.