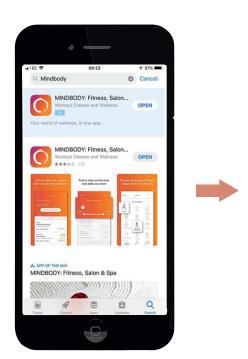
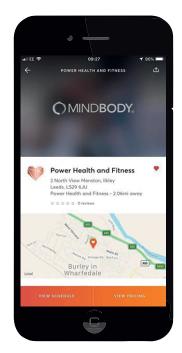
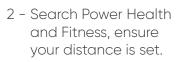
Classes - App Step by Step Guide





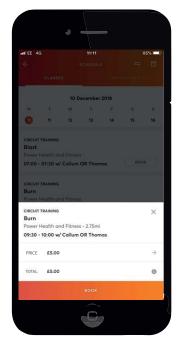


1 - Go to app store and download MindBody.



3 - Select Power Health and Fitness.







Where can Power Health and Fitness reach you?

Whose Fhone

This number will be stored in My Info. Only the business you book and buy with will see it.



APPOINT FARNING
Burn
Power Health and Fitness
O7:00 - 07:30 w/ Callum OR Thomas

CIRCUIT TRAINING
Burn
Power Health and Fitness
O7:00 - 07:30 w/ Callum OR Thomas

FREE FOR ALL WEEK-BLAST
FOR ALL WEEK-BLAST
APPOINT FOR SOME
OF TOTAL
E0.00

Additional Info is required for booking

6 - Confirm the class you've chosen.

5 - Enter your mobile number for point of contact.

4 - Select the date and time you would like

^{*}The first time you book a class you will need to sign a wavier to say you are willing to participate.