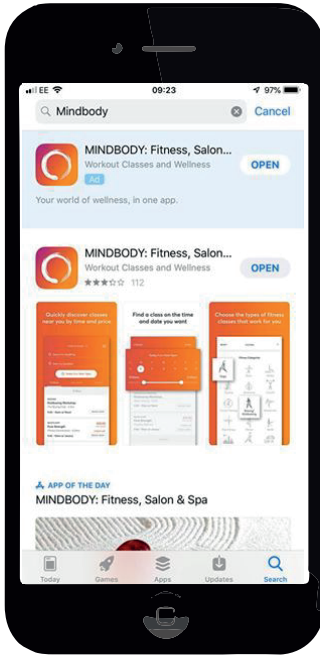
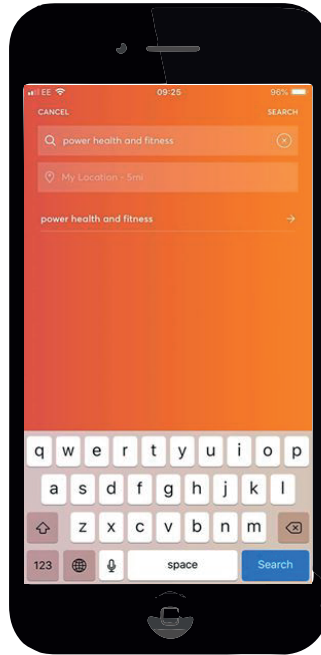


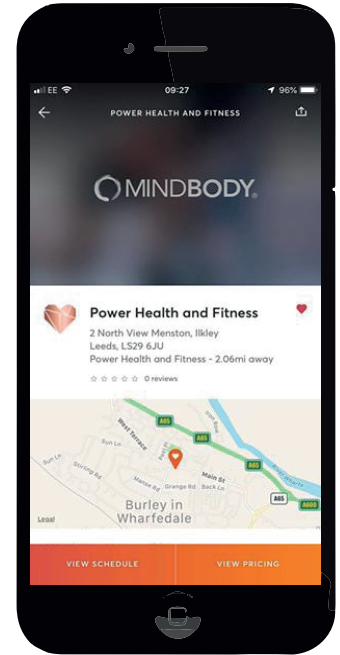
# Classes - App Step by Step Guide



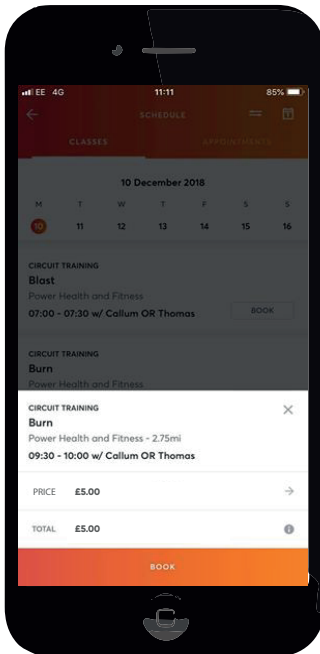
1 - Go to app store and download MindBody.



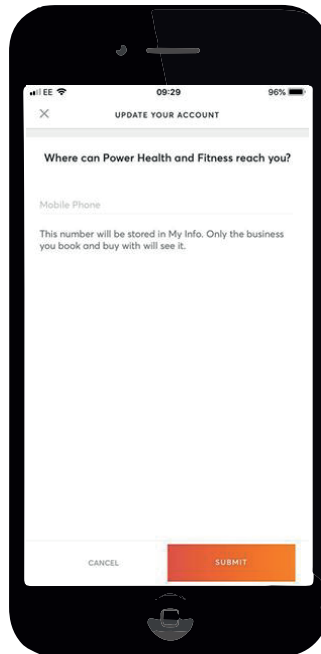
2 - Search Power Health and Fitness, ensure your distance is set.



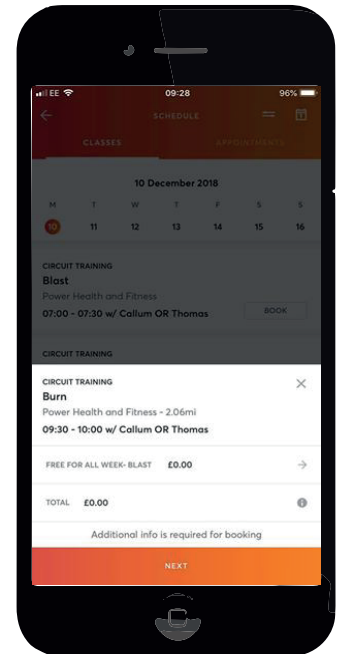
3 - Select Power Health and Fitness.



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.