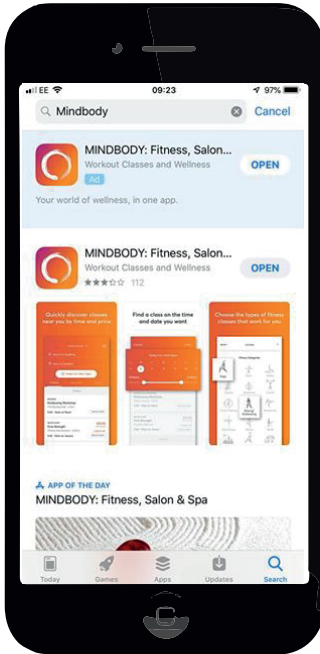
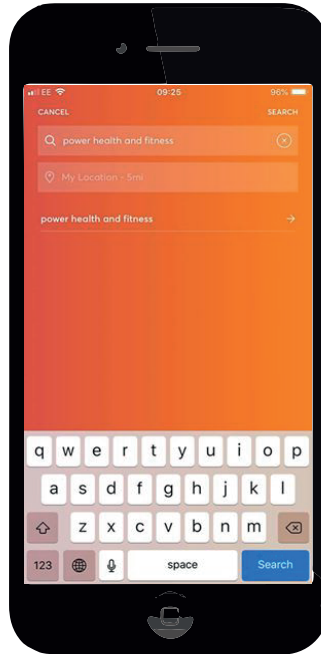


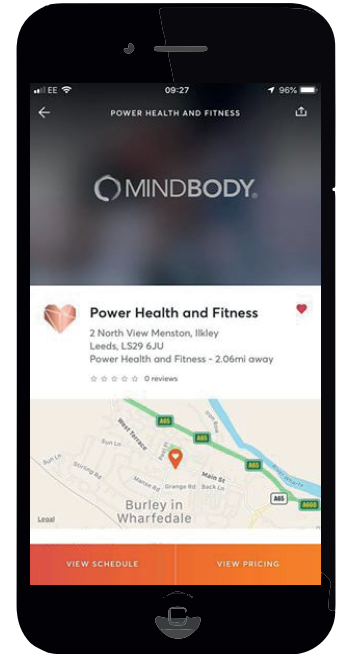
Personal Training - App Step by Step Guide



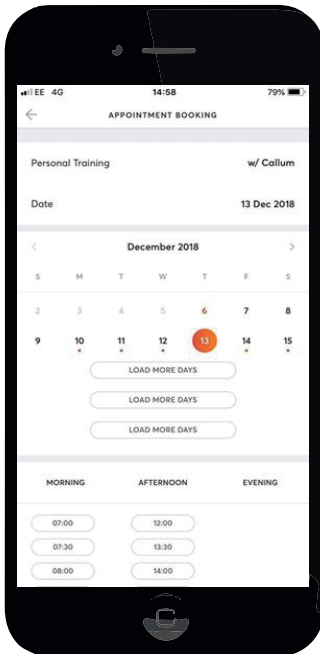
1 - Go to app store and download MindBody.



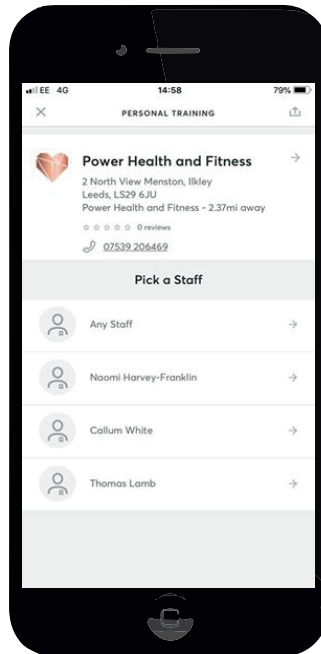
2 - Search Power Health and Fitness, ensure your distance is set.



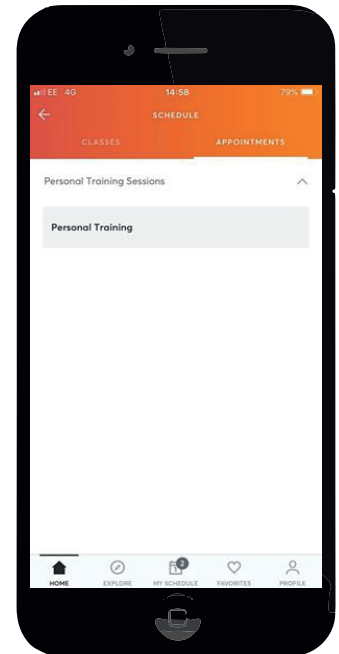
3 - Select Power Health and Fitness.



6 - Select day and time then confirm your booking.



5 - Select the Personal Training you wish to book in with.



4 - Select appointments at the top right for Personal Training.

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