



Attention YMCA Members,

The Valparaiso Family YMCA Wellness Department will begin using an app for all sign-in classes in place of paper sign-in sheets. Follow instructions below to sign up for the app and 'Book' a class. Some of the classes that will require booking space through the app will include: Treadmill, kettlebell, power lift, TRX classes and select Cycle Fusion classes.

1. Download the **MINDBODY: Fitness, Salon & Spa (Apple)** or **MINDBODY: Home Workout & Fitness (Android)** app. NOTE: if you don't have a smart phone, this same procedure can be done at <https://clients.mindbodyonline.com/>
 - a. Enable push notifications (optional)
 - b. Verify email (**required to book class – cannot book without completing this step**)
2. Create an account.
3. Type "YMCA" into the search box and Valparaiso Family YMCA will come up. If not, then widen the location range.
4. Click on Valparaiso Family YMCA to view class schedule.
5. Click "Book" class to sign up for your class or click "waitlist" to be added to the waitlist. ***Can only book class 1 day in advance*** Class closes for booking 10 minutes prior to class start time.
6. If unable to attend class after booking, go into the app and cancel the booking.
7. Please arrive 10 minutes early and wait outside studio door for instructor to check in participants.
8. After instructors check in 'booked' and 'waitlisted' participants, open spots will be available on a first come, first serve basis. Stand-by participants line-up in order of arrival.
9. Please see anyone from the Wellness Admin Team or a Wellness Desk Attendant for assistance with the app.

Updated 6/12/20



Attention YMCA Members,

The Valparaiso Family YMCA Wellness department will begin using an app for all sign-in classes in place of paper sign-in sheets. Follow instructions below to sign up for the app and 'Book' a class. Some of the classes that will require booking space through the app will include: Treadmill, kettlebell, power lift, TRX classes and select Cycle Fusion classes.

1. Download the **MINDBODY: Fitness, Salon & Spa (Apple)** or **MINDBODY: Home Workout & Fitness (Android)** app. NOTE: if you don't have a smart phone, this same procedure can be done at <https://clients.mindbodyonline.com/>
 - a. Enable push notifications (optional)
 - b. Verify email (**required to book class – cannot book without completing this step**)
2. Create an account.
3. Type "YMCA" into the search box and Valparaiso Family YMCA will come up. If not, then widen the location range.
4. Click on Valparaiso Family YMCA to view class schedule.
5. Click "Book" class to sign up for your class or click "waitlist" to be added to the waitlist. ***Can only book class 1 day in advance*** Class closes for booking 10 minutes prior to class start time.
6. If unable to attend class after booking, go into the app and cancel the booking.
7. Please arrive 10 minutes early and wait outside studio door for instructor to check in participants.
8. After instructors check in 'booked' and 'waitlisted' participants, open spots will be available on a first come, first serve basis. Stand-by participants line-up in order of arrival.
9. Please see anyone from the Wellness Admin Team or a Wellness Desk Attendant for assistance with the app.

Updated 6/12/20