



Attention YMCA Members,

The Valparaiso Family YMCA Wellness Department uses an app called MINDBODY to register for all our free Group Exercise classes. Follow instructions below to sign up for the app and 'Book' a class. Booking is available 6:00am - 10:00pm daily. We look forward to seeing you soon.

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. If using website, in search box type Valparaiso then select Valparaiso Family YMCA
 - b. On sign in screen click "Not a staff member?". On the next screen click on the classes tab to see available classes.
2. Create an account.
 - a. Enable push notifications (optional)
 - b. **Verify email (required to book class – cannot book without completing this step)**
3. Type "YMCA" into the search box and Valparaiso Family YMCA will come up. If not, set location to 46383.
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. Also, you are unable to book overlapping classes as software does not allow you to try to be in two places at the same 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 10/12/21



Attention YMCA Members,

The Valparaiso Family YMCA Wellness Department uses an app called MINDBODY to register for all our free Group Exercise classes. Follow instructions below to sign up for the app and 'Book' a class. Booking is available 6:00am - 10:00pm daily. We look forward to seeing you soon.

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. If using website, in search box type Valparaiso then select Valparaiso Family YMCA
 - b. On sign in screen click "Not a staff member?". On the next screen click on the classes tab to see available classes.
2. Create an account.
 - a. Enable push notifications (optional)
 - b. **Verify email (required to book class – cannot book without completing this step)**
3. Type "YMCA" into the search box and Valparaiso Family YMCA will come up. If not, set location to 46383.
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. Also, you are unable to book overlapping classes as software does not allow you to try to be in two places at the same 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 10/12/21