

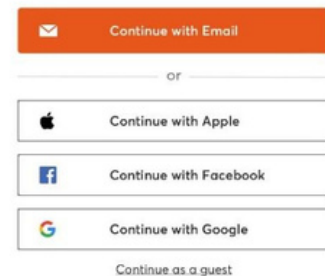


## SCHEDULING YOUR STRONG INBODY

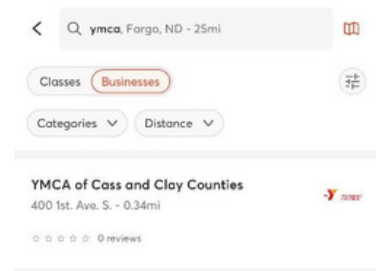
1. Download the Mindbody mobile app on the Apple App store or the Google Play store. To find it, search "Mindbody" in the search bar of your app store.
2. Open the app on your phone, and tap "Get Started"
3. Continue to create an account using the options listed.



**Mindbody: Fitness, Salon & Spa** (4+)  
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4. Confirm your account and verify your login information
  - Continue as guest
  - Accept Terms and Conditions
  - Enable location to your preference
5. Once you're logged in, search for "YMCA of Cass and Clay Counties"
  - Be sure that you are searching under Businesses, not classes.
6. Once you're on the YMCA page, tap "view schedule"
7. Select one location:
  - Fercho InBody Appt > Fercho STRONG InBody
  - Schlossman InBody Appt > Schlossman STRONG InBody
8. Pick "Any Staff" (or your preferred staff)
9. Select date of orientation, and then select preferred time
  - Complete Booking



**That's it – you're scheduled for your STRONG InBody!**