

### **Using Mindbody App for I Phone:**

1. Go to your app store and search for Mindbody. Choose the one that says Mindbody Fitness, Salon and Spa
2. Download the app
3. Create an account by clicking on “Continue With Email”
4. Click “Yes” to share/enable your location in order to find Brunswick Forest
5. After you create an account, click on “Explore” (2nd button on the left-hand side)
6. Click on “Businesses” Tab
7. Click on Brunswick Forest Fitness and Wellness Center
8. Click “View Schedule”
9. Exercise Classes will show on your screen

### **Under the “Classes” tab on the top of your screen, you can reserve:**

- Fitness Classes

1. Use the calendar to pick a date for reservation
2. Scroll down and find a class you want to attend
3. Click “Book” to reserve a spot in the class
4. Press “Book” at the bottom of the screen to complete reservation

### **Go to the “Appointments” tab on top of your screen to reserve:**

- Personal Training
- Massage Therapy
- Health Coaching
- Room Rentals (Meeting Spaces)

1. The Calendar is on top of the screen. It is defaulted for today’s date. Use your finger to scroll left to find a later date.

### **Using Mindbody App for Android Phone:**

1. Go to your Play Store and search for Mindbody. Choose the one that says Mindbody: Home Workouts
2. Download the app
3. Create an account by clicking on "Continue With Email"
4. Click "Yes" to share/enable your location.
5. After you create an account, click on "Explore" (2nd button on the left-hand side)
6. Click on the "Businesses" Tab
7. Click on Brunswick Forest Fitness and Wellness Center
8. Click "View Schedule"
10. Exercise Classes will show on your screen.

### **Under the "Classes" tab on the top of your screen, you can reserve:**

- Fitness Classes

1. Use the calendar to pick a date for reservation
2. Scroll down and find a class you want to attend
3. Click "Book" to reserve a spot in the class
4. Press "Book" at the bottom of the screen to complete reservation

### **Go to the "Appointments" tab on top of your screen to reserve:**

- Personal Training
- Massage Therapy
- Health Coaching
- Room Rentals (Meeting Spaces)

1. The Calendar is on top of the screen. It is defaulted for today's date. Use your finger to scroll left to find a later date.

### **Using Mindbody on your Computer/Laptop:**

1. Copy and Paste the below link to take you to Mindbody:

- <http://clients.mindbodyonline.com/ws.asp?studioid=659044>

2. Click the “Sign Up” button on top right-hand corner. If you do not see the Sign Up or Log in button, then click on “Mindbody” on the top left-hand of the screen.

3. Fill in the information to create an account

4. After you create an account, type in Brunswick Forest Fitness and Wellness Center in the search bar and Leland, NC in the location bar.

5. Click on the Brunswick Forest Fitness and Wellness

6. Scroll down the screen and you will see “Classes” and “Appointments”

7. Exercise Classes will automatically show on your screen.

### **Go to the “Appointments” tab on top of your screen to reserve:**

- Personal Training
- Massage Therapy
- Health Coaching
- Room Rentals (Meeting Spaces)

1. A calendar is under “Classes” and “Appointments.” You can click on the day you want to view the class schedule.