

Instructions for Mindody

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 the Sign In button (Make sure you **Do Not** click on “continue as a guest”)
4. After you create an account, Click on Explore (It is the 2nd button on the left hand side
5. A message will pop asking if you want to share/enable your location.
6. Click “Yes”. This allows for your phone to automatically find Brunswick Forest Fitness and Wellness Center.
7. Click on Business Tab (Brunswick Forest Fitness and Wellness Center will show up)
8. Click on Brunswick Forest Fitness and Wellness Center
9. Click “View Schedule”
10. Exercise Classes will show on your screen.
11. Go to the “Appointments” tab on top of your screen to reserve:
 - Personal Training
 - Massage Therapy
 - Health Coaching
 - Room Rentals (Meeting Spaces)
 - Gyms
 - Pickleball and Tennis Courts
12. 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 the Sign In button (Make sure you **Do Not** click on “continue as a guest”)
4. After you create an account, Click on Explore (It is the 2nd button on the left-hand side
5. A message will pop asking if you want to share/enable your location.
6. Click “Yes”. This allows for your phone to automatically find Brunswick Forest Fitness and Wellness Center.
7. Click on Business Tab (Brunswick Forest Fitness and Wellness Center will show up)
8. Click on Brunswick Forest Fitness and Wellness Center
9. Click “View Schedule”
10. Exercise Classes will show on your screen.
11. Go to the “Appointments” tab on top of your screen to reserve:
 - Personal Training
 - Massage Therapy
 - Health Coaching
 - Room Rentals (Meeting Spaces)
 - Gyms
 - Pickleball and Tennis Courts
12. 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. Other Fitness will show up on the screen. Click on the Brunswick Forest Fitness and Wellness Picture (A woman holding a free weight in her hand)

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

7. Exercise Classes will automatically show on your screen.

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

9.. Go to the “Appointments” tab on top of your screen to reserve:

- Personal Training
- Massage Therapy
- Health Coaching
- Room Rentals (Meeting Spaces)
- Gyms
- Pickleball and Tennis Courts