

SIGN-UP HOW TO:

TO SIGN UP FOR:

- **Fitness Consultation**
- **Teen Strength and Fitness Orientation**
- **Orientation to the Fitness Center**
- **Small Group Training** (after submitting payment through the Y website or Welcome Center)

1. Visit cbfymca.org. Click the Programs drop-down and select Health & Wellness under the Adults category.

2. Click the MindBody image on the right for the location of your choice. This will open a new page.



3. Create Account by entering your first and last name. Click Next.

4. Complete Contact and Login information. Click Create Account.

USING THE TABS ON THE TOP:

- **CLASSES:** View schedule and sign-up for small group classes
- **APPOINTMENTS:** Sign-up for fitness consultations and orientations
- **INFO:** View and Edit your profile, your schedule, history and small group training credits (under Purchase History)



NOTE: You may also receive an email welcoming you from MindBody. Please make sure to register at least 24 hours in advance. Mindbody will remind you when you are almost out of classes and it's time to renew.