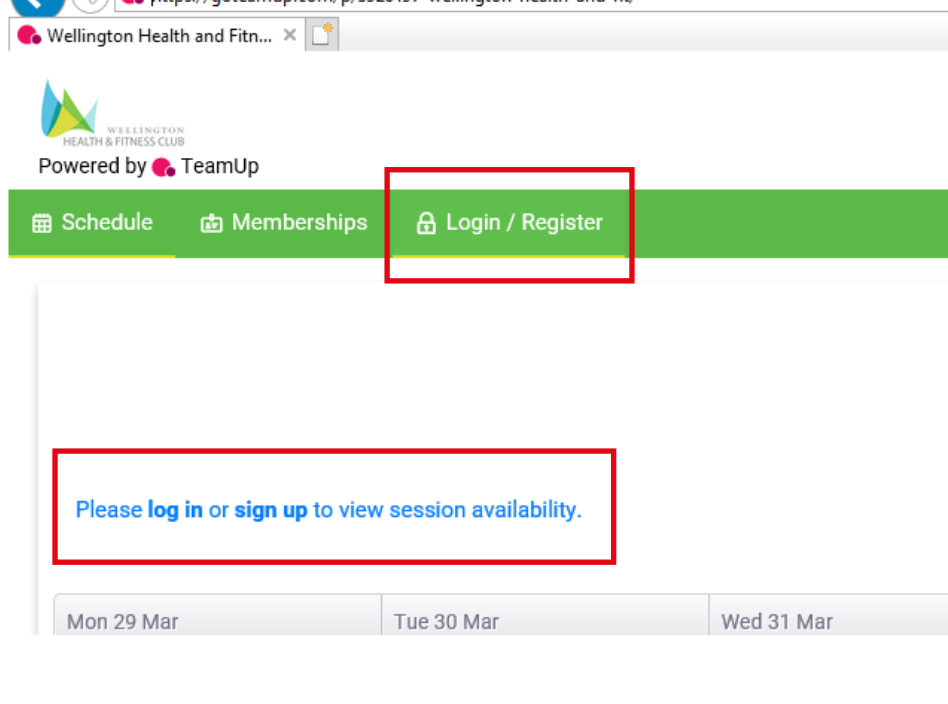


TEAM UP INSTRUCTIONS

1. Visit the following site for access to the TeamUp interface (<https://goteamup.com/p/3926497-wellington-health-and-fit/>). Click login/register to begin making an account



2. Enter your e-mail address

3. Enter a strong password to finish creating a TeamUp account

4. Enter name, gender and date of birth to finish initial setup.

5. Finishing setup will take you back on schedule, select class you want (Saturday Pilates has been selected as an example)

Mon 29 Mar	Tue 30 Mar	Wed 31 Mar	Thu 1 Apr	Fri 2 Apr	Sat 3 Apr	Sun 4 Apr
Full Body Toning Online Studio - Ingrida Ingrida Veidekate 9:00-10:00	Open	Pilates Online Studio - Gabriel Gabriel Guzman 9:00-10:00	Open			
Les Mills BodyPump Online Studio - Elie Elie Gossard 10:00-10:45	Open		Les Mills BodyBalance Online Studio - Gabriel Gabriel Guzman 10:00-11:00	Open		
Yoga Online Studio - Gabriel Gabriel Guzman 10:00-10:30	Open					
Barre Online Studio - Elie Elie Gossard 17:30-18:00	Open					

Click register for class

Forms and questionnaires on first sign up

After questionnaire back to class screen with payment options. Just click submit

Clicking submit books you onto class

You will receive an email with a link to join the class however you can also find your registrations under "my account" > "registrations" > "view class". This window will also have a link to join the class