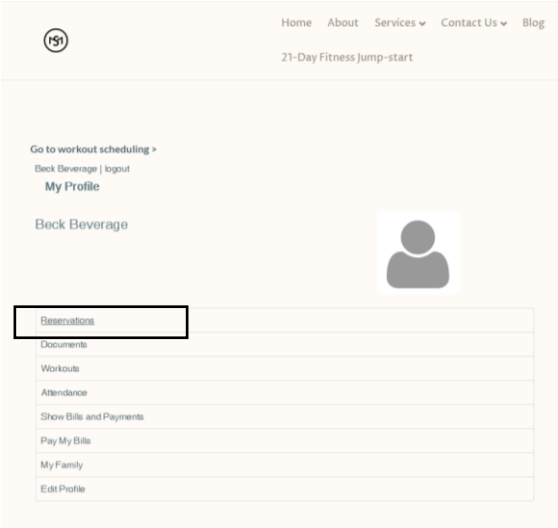
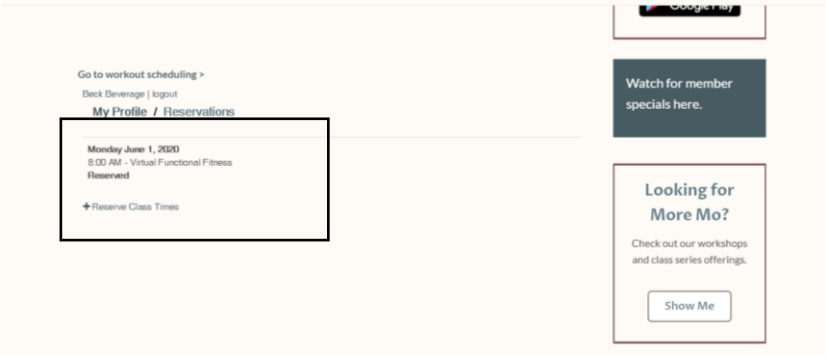
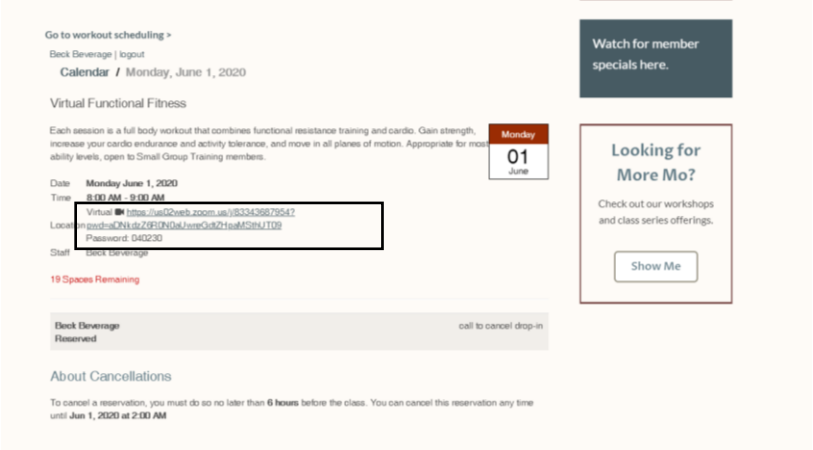
1. Click on “Schedule Workouts” via the menu at the very top of our homepage.
   If you’re using the mobile app, the process should look very similar

2. Login to your account.

3. Click “Reservations”



4. Click the session you’re attending.



5. The link and password for the session will be listed. Simply click on the link to get started.