## **Optimal You Fitness Facility Group Fitness**

optimal you

How to create account and sign up using the MindBody App



Go to your app store and download the "Optimal You!" app to your Apple or Android device.



If you already have an account, click on the "sign in" button at the bottom of the screen. If you do not have an account, click on the "create an account" button located under the "sign in" button.





Click on the "continue with email" button located in the middle of your screen.



Creating an account will require an active email address, password of your choosing and your first & last name. Once this information is entered, a confirmation email will be sent to the email provided.



Once account is confirmed, you are ready to sign in using your email address and the password that was created.



In your account, you will see your name at the top of the screen and suggested upcoming classes at the bottom of the screen. You can click on a class or click on the "explore" button to look for other upcoming classes.



When you are ready to sign up for a class, click on the class you want to participate in and click on the "book" button located at the bottom of the screen. Dropping out of class can also be done on this screen if needed.