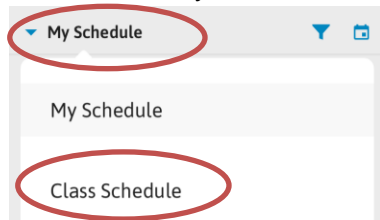


APP Sign-Up Instructions

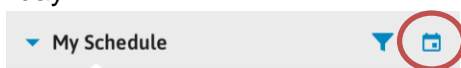
1. Log in to our mobile app: **AFS Connect**
2. Click on the schedule icon at the bottom of the screen:



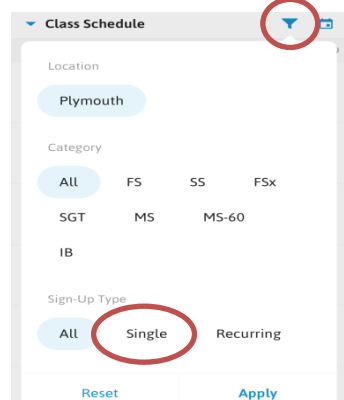
3. Click on the My Schedule drop down arrow at the top left of the screen and select Class Schedule.



4. To choose a specific day, click on the calendar icon at the top far right of the screen and select the day:



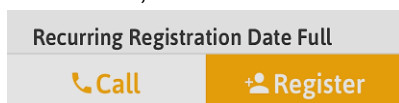
5. Select the Filter icon at the top right of the screen to narrow down your search and then press "Apply." Sign-Up Type will show you classes that either have at least one spot open ("Single") or recurring availability ("Recurring").



Sign-Up Times:

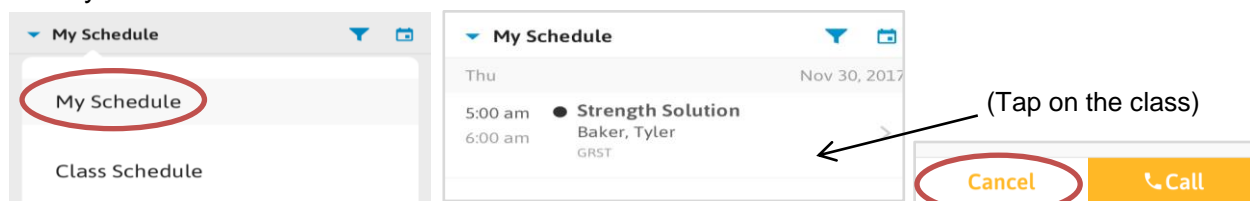
- I. SS (Strength Solution) and can be signed up 60 days in advance.
- II. Appointment-based FS (Fitness Solution) classes can be signed up 48 hours in advance.
- III. FSx can be signed up 72 hours in advance.

6. Click on the class you want to sign-up for and then click "Register." A box will pop up asking for verification, select "Yes."



- a. Note: If you are signing up for SS, an additional box will pop up asking if you would like to sign up for a single or recurring class. Select whichever applies.

7. To cancel a class you've signed up for, click on the My Schedule drop down arrow and select the class you want to cancel and then click "Cancel."

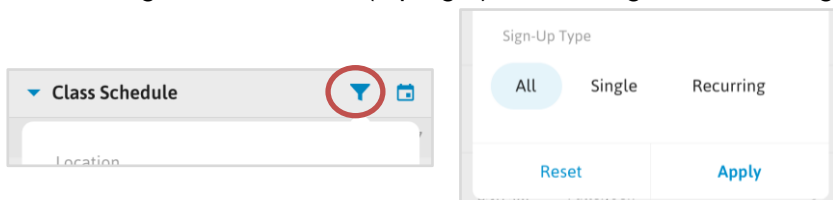


- a. Cancellation Windows (note: if only the word “Cancel” appears, you will not be late charged for a session).
 - i. SS classes can be canceled up to 12 hours in advance without being charged for the session.
 - ii. FS can be canceled up to 1 hour in advance without being charged for the session.
 - iii. FSx can be canceled up to 4 hours in advance without being charged for the session.

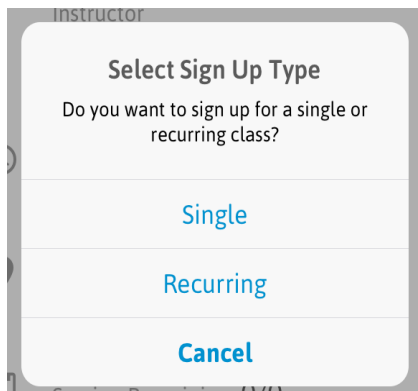
Additional instructions for Strength Solutions:

SS classes can be signed up for on a single class OR recurring basis. Follow the instructions below to do so.

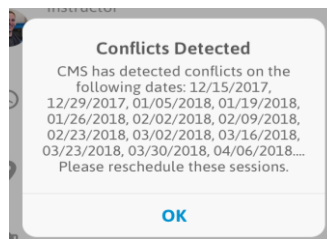
1. Through the Filter icon (top right) select Single or Recurring under Sign-Up Type and click “Apply.”



2. If registering for a single class, click “single” in the pop-up box below. If registering for a recurring class, click “recurring.”



- a. If there are conflicts, a box will pop up informing you of any recurring times you’ve signed up for that were already full by single class registrations. You’ll need to find another time for these days.



2. To cancel a recurring time, click “My Schedule” from the drop down arrow at the top left of the screen and select the class:

- a. Select the “Cancel” button at the bottom left of the screen, and click “Cancel Recurring Time” when prompted. **Do not do this if you’re canceling a single class.**

Waitlist:

1. All sign-up based classes have a waitlist once a class is full. To add yourself, simply click +Waitlist when prompted.
2. If a spot becomes available for a single class, all clients on the waitlist will be emailed. The first client to respond is registered for the class.
3. If a spot becomes available for a recurring class, the first client on the waitlist will be emailed. That client has 24 hours to respond until the next client on the waitlist is emailed. This continues until everyone on the waitlist is emailed.