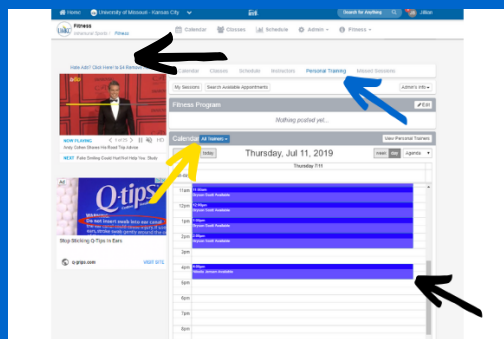
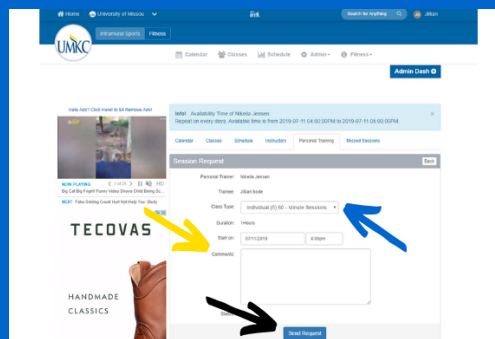


# HOW TO SIGN UP FOR A BOD POD

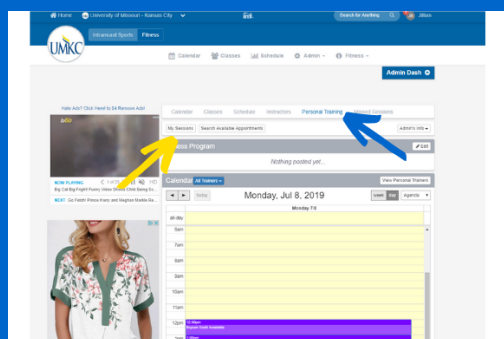
## ON THE WEBSITE ONLY



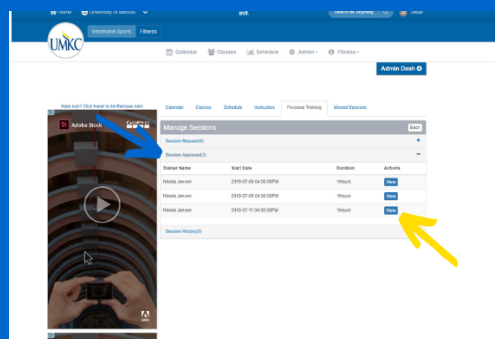
1. CREATE AN ACCOUNT ON IMLeagues.com 1ST
  - You will not be able to solidify your appointment unless you have an account.
  - Click the "Fitness" button
  - Click "Personal Training"
  - Here you will see a calendar of all trainer availability  
If you have a certain trainer in mind you can filter the search by clicking the blue "All Trainers" drop down menu on the top left of the calendar and select the trainer you'd like
  - To sign up, select the date and time that your trainer is available



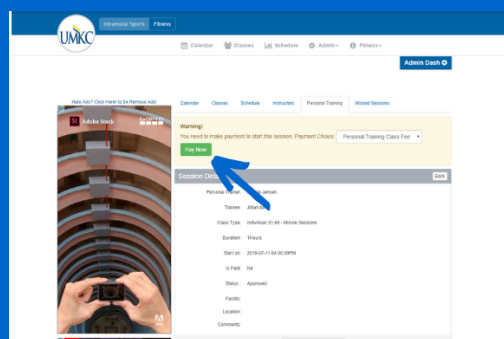
2. Select "Bod Pod" or "Bod Pod (Package of 4)" as your "Class Type"
- Enter your email address in the "Comments" box
- Double check that all information is correct
- Select the blue "Send Request" box
- Your request will be accepted or rejected within 24 hours – Your trainer will email you when they have accepted or rejected your request



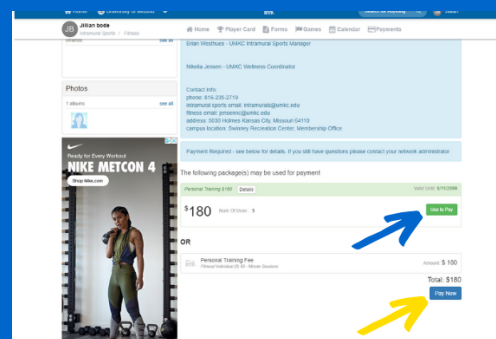
3. Log back in to IMLeagues once you receive an email from your trainer
- Click the "Fitness" button
- Click "Personal Training"
- Click "My Sessions" in top left area of calendar



4. On the "My Sessions" page you will see all approved and rejected sessions as well as session history
- Click on "Session Approved"
- Click on the blue "View" box next to the date and time you'd like to pay for



5. Click the green "Pay Now" button



6. Click the blue "Pay Now" button
  - If you have previously purchased a package of 4 sessions you will click the green "Use to Pay" box
- Enter in payment info
- Click blue "Pay Now" button