

HOW DO I SIGN UP FOR A MEMBERSHIP OR A TEN SESSION TRAINING PACKAGE

- Go to www.trainap.net
- Create a Mindbody account (link in upper right-hand corner)
- Select the **Online Store** tab
- Select **Sting** from dropdown menu
- Pick the membership that best suits your needs
- Proceed to checkout
- To schedule click on **Classes** tab
- Find time slot that fits your schedule and **Book Now**

100% refund in the first 30 days of purchase if you aren't satisfied—no ifs, ands or asterisks! Memberships can be canceled at any time.



SPACE IS LIMITED, REGISTER QUICKLY!
TRAINING SESSIONS WILL OPEN IN EARLY
DECEMBER ON A FIRST COME FIRST SERVE BASIS.