

Prepare to Compete.



Hello Fitquest Athletes & Parents:

At Fitquest, we use an online based scheduling and invoicing system called MindBody.

Please read the information below to learn how to book in for an Athlete Development sessions online or by using the MindBody app.

FOR ALL ATHLETES:

For our Athlete Development programs, we ask that you book in to your sessions through MindBody. There are 2 options to do this:

- 1) You can log in to the MindBody software and book in by going to:
<https://clients.mindbodyonline.com/classic/mainclass?fl=true&tabID=7>
- 2) You can download the MindBody app on your smartphone and search for **Fitquest Inc** to book your sessions.

Both options will prompt you to choose 1 of 3 types of 'memberships':

- i. Book and pay for Athlete Development Monthly Membership training 3 time/week for \$125 +HST,
- ii. Book and pay for 10 Session Access (has a 3-month membership for date of purchase) for \$220+HST, or
- iii. Book and pay for a drop in for \$25 +HST.

You will be able to store your credit card information on the app if you choose to (not mandatory) to make it easier to pay for your sessions.

For First Time Set Up:

In order to access your account, before using the MindBody app, you must log onto the website above, and select '**need password?**'. From there, you type in the email address we have on file (it may be the athletes address, not parents) and then create your password. Once this is done you can either book in to your sessions through the computer or the app.

If we do not have your email address on file – you can '**create account**' and follow the steps.

Additional Information:

All of the links to access the MindBody website by computer, download the app to your smart phone, and to process a payment can all be found on the Fitquest website: <http://www.fitquest.ca/mindbody/>

If you have any questions please do not hesitate to speak with your Fitquest coach, or contact our Business Manager – Redeana Villeneuve at redena@fitquest.ca. Enjoy your training!

Thank you,

The Fitquest Team