



eat healthy • move daily • breathe deeply



NUTRITION



PERSONAL TRAINING



GROUP EXERCISE

**The Find Balance Studio website now includes:**

- access to member and token credits
- ability to book single or multiply classes
- purchase class tokens
- purchase health products

**Where to Start?**

- Go to Google and input the web address above
- Click on the 3 dots on the right hand side of the address bar and scroll down to "more tools". Choose "create shortcut".
- Select "create" and the Find Balance website icon will appear on your device desktop making it quick and easy for you to locate next visit.

# Booking System

**EXISTING CLIENTS with MEMBERSHIP/TOKEN CREDITS**

**#1 First time using the booking system:**

- To access your membership or 10-visit token credits scroll down to the bottom of the "home page" to Quicklinks and select "my account". Input your email address and select "lost your password?" You will then receive an email so you can set your own password.
- Go to the "bookings" tab across the top. Click on a class from the timetable then "book class" and it will be appear in your shopping cart at the top right hand tab. Check details then select "checkout"
- Complete your registration details (full name, address, phone). At the bottom of the checkout screen select the top payment option "token credits" and then click on "place order".

**#2 Subsequent visits to the booking system:**

- Go to the Find Balance Studio website and logon by going to the bottom of the home page and selecting "my account". Input email address and password then continue as above for "bookings" or follow instruction to the right for "making purchases".

**NEW CLIENTS**

- If you wish to purchase a single class go to the website above and select the "bookings" tab across the top. From the timetable select a class then "book class". Go to the "shopping cart" at the top right hand tab, check details then proceed to "checkout" where you will be required to complete registration details (you only need to do this once). Select the bottom payment option, enter debit or credit card details and select "place order".
- If you wish to become a regular it is more economical to purchase a token which gives you 10 credits at a cheaper rate to book classes one at a time or book multiple classes (see below)

# Booking Multiple Classes

- Logon by going to the Quicklinks at the bottom of the web home page to "my account". Input email address and password. Go to the "bookings" tab at the top and select your first class then click on "book class". Your selection will appear in the shopping cart. On the same screen under "book class" is another tab "book more classes" which will take you back to the timetable. You can book another class or as many classes as you have credits for, the choice is yours. At "checkout" choose the top payment option "token credits"

# Deleting a Class

- If you make a mistake while booking, go to the shopping cart at the right hand top corner of the web page where your selections appear. If you hover over the class image you will notice a green cross on the top left-hand side of the image.
- Click on the cross which will turn white on a green background. The class will be disappear and you will notice a message flash up confirming the "class has been removed".

# Zoom Classes

- Go to your booking confirmation email and click on the green "Join via App". You will be taken directly to the Zoom class where you will be required to enter security password "balance".
- Position your device about hip height and 3m from you so you are visible in both standing and lying positions. A laptop, iPad or PC is best, a mobile phone screen will be too small.
- Select your favourite music, upbeat for Combo Xpress and Low Impact, something more calming for Yogafit. We meet and greet before the class then your device is muted so you can have your music as loud as you like.
- Have a bottle of water with you. Have fun, challenge yourself but listen to your body and don't work through pain.

# Making Purchases

**PURCHASING a 10-VISIT TOKEN**

- Once you have used all your credits you can purchase a token which gives you another 10 credits
- Sign in by going to the home page and scrolling down to "my account"
- Your credit balance is visible in your "dashboard" and it is here that you can purchase a token by selecting the green button "Buy Now".

**PURCHASING PRODUCTS**

- Goodmix Superfoods and Portion Perfection products can be purchased online using the "products" tab across the top.