

Mind Body App Set-up

Step One – Download the MIND BODY APP to your device

Step Two - Create an Account – enter your name and email address...select NEXT

Step Three - Search for Beach Cities Health District Center for Health and Fitness

Step Four - Go to CLASSES to register for virtual classes

Step Five - Select preferred date/time and select BOOK AS UNPAID (Reservations can be made up to one week in advance.)

Step Six - View your selection and press NEXT

Step Seven - Enter in your mobile phone number and select SUBMIT

Step Eight - Make your reservation by pressing BOOK AS UNPAID. Depending on your preference, you will receive your confirmation via email or text message. The link for your class will be sent to you immediately after you book it. 30 minutes before the class begins, you will receive a reminder email.

Step Nine – SAVE this SITE as a FAVORITE by clicking the HEART SHAPED ICON at the top of the screen. By doing so, when you click on the Mind Body App the CHF site will pop up immediately and you can then easily book your classes for the dates you want up to one week in advance.

We're only a phone call away. Feel free to call 310-374-3426, Option 3 if you have any immediate questions..