

Mind Body: Quick Facts

Mind Body is the new online registration system for classes at Body Dynamics!
Here is a quick how-to and FAQ's get you started

Getting Started:

Go to the Mind Body online website, you can click the link in the center of the BDI website, on the class page, or under the register tab. www.bodydynamicsinc.com

Signing Up for a Class

Once on the home page, you will see all classes listed.

- Classes are arranged by day and time. You can also display them by class type, or instructor by using the scroll down menus to the right.

Find the class that you would like to attend.

Below the class you will see "Sign-Up Now!" Click it to start registration!

New to Mind Body?

You will need to create a log in, and will be prompted to do so before continuing. Enter your demographics and create a username and password – pick something easy to remember! You will then be able to complete your reservation

Been Here before?

Sign in with your user name and password and you will be prompted to the payment screen

How to I Register for an entire class?

If you are registering for the entire class, select a 9 week program.

- Any Pilates, Yoga, Mindful or Hoop class is considered "Pilates" in the mind body system.
- Choose the Pilates Class Pass (9 weeks) to register for any of these classes. Since you have already selected the specific class you would like to attend on the previous screen, you will now go to the enrollment screen.
- GTS 30 minute classes use the Gravity Pass 1/wk 30 min (9 weeks) or Gravity Pass 3/wk (9 weeks)
- GTS Power Hour use the Gravity Power Hour Pass 1/wk (9 weeks)

No matter what type of class you register for, leave the date box blank to register for all 9 weeks.

Making a Payment

Enter your Credit Card information to complete your reservation.

Your CC information is **safe and secure**. It is stored on file with your profile so that you can make easy reservations in the future. Once you have made a payment, your reservation is complete!

- You can check your schedule by looking at your profile.

Signing Up for a Package/Multiple Classes

If you are signing up for more than one class, simply hit "Sign up Now" under the *first* class that you would like to attend and pay for the class.

You can now go back to the classes tab and follow the steps again to register further.

GTS Packages

3, 30-min GTS Classes/Week

The GTS package is used for 30min classes **only**. Unfortunately, we did need to update the pricing scale for the New Year to make it compatible with the new software. You can, however, make-up in a power hour, explained below

- 1) To register for this package start as you would with any class.
- 2) Hit "Sign-Up Now!" under the first class you would like to attend.
- 3) Choose "Gravity Pass 3/wk (9weeks)"
- 4) After the class pass is purchased, you will have credits in your account to purchase the next 2 classes.
- 5) Return to the classes tab, and hit "Sign-Up Now" for the next 2 classes that you would like to attend.
- 6) You will be all set!

FAQ's

What is my profile? How do I use it?

With the new Mind Body software you can not only register online, but also check your schedule, cancel a class, update contact info and more. When you log in, you will see several tabs at the top right: Click on "My Info." You will then see several tabs beneath

My Contact Info, My Schedule, My History, My Purchases, and My Account

My Contact Info is where demographic information is stored. Click in this tab to update phone, address or other demographic info. Read on for continued explanation of your profile tabs.

How can I make up a class?

My Schedule shows exactly what classes are scheduled based on your registration at BDI. If you know you will not be in a class for one day that is scheduled, you can cancel any time before the class. This will become a make-up in your account for one class, to be used within the session.

When you know what class you will be attending as a make-up – simply go to the classes tab, hit "Sign Up Now!" and select the single date that you will be attending. This new class will now show up in your schedule.

It is important that you cancel one of your registered sessions in advance in order to get the make-up credit in your account. You cannot make-up a class without cancelling a date that you will NOT be attending in advance

My History- This shows your visit history at Body Dynamics

My Purchases – This tab will show you every class that you have purchased

My Account – This is a quick list of purchases at BDI

How can I make-up a class of different value?

If you are making up a class of different value, or making up a pilates class in a gravity training class – or vice versa, you will need to call Body Dynamics and speak to the front desk about arranging your make-up. You can still cancel the class that you will not be attending, in advance, from the "My Schedule" tab.

Remember, if you have any questions please feel free to call us at 703 527 9557