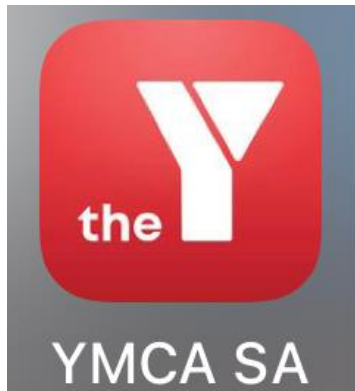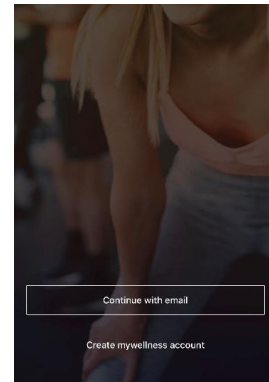# HOLDFAST STRENGTH FOR LIFE
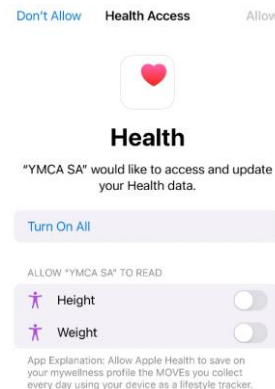## APP DOWNLOAD AND BOOKING INSTRUCTIONS

1. Download the YMCA SA app from the Apple App Store or Google Play Store.
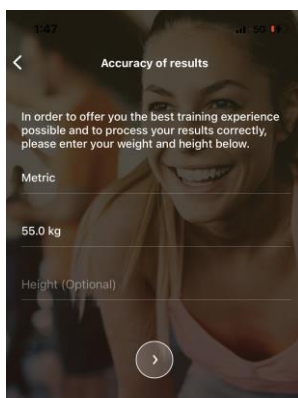

2. Open the app and Select 'Create mywellness account' at the bottom of the screen.
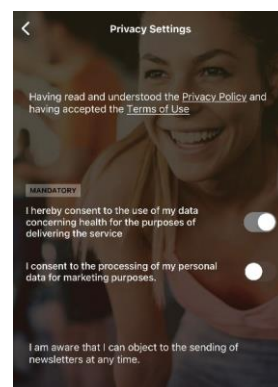

3. Enter your information.

4. Your phone may ask if you want to connect to your Health app, you do not need to agree to this if you do not want to.
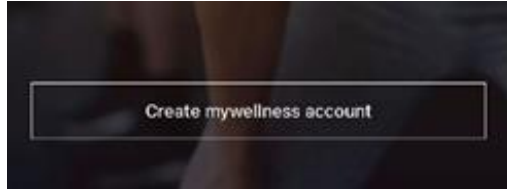

5. The app will ask you to add your height and weight for accuracy of results. YMCA does not need your data and you can enter any details
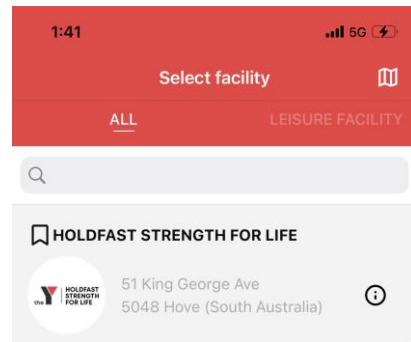

6. Select the mandatory field in the privacy settings: 'I hereby consent to the use of my data concerning health for the purpose of delivering the service'
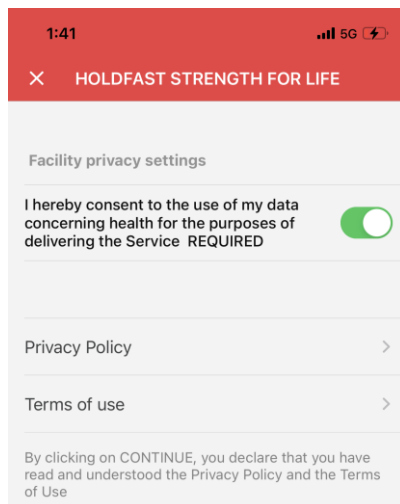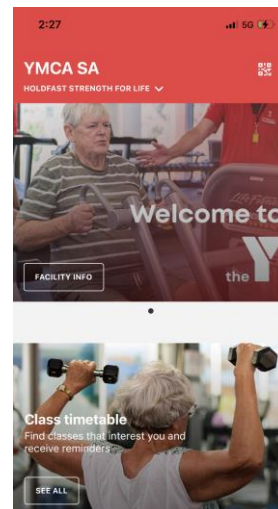
7. Click on 'create my wellness account' at the bottom of the screen. Then select continue
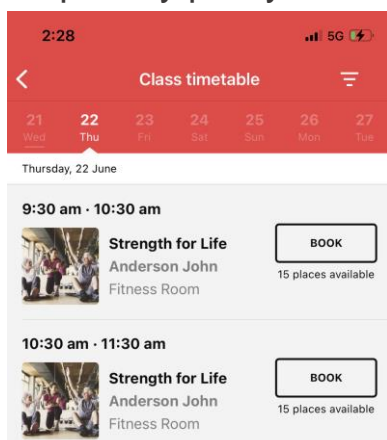
8. Select your location: Holdfast Strength for Life from the list.

9. Select the consent for the location 'I hereby consent to the use of my data concerning health for the purposes of delivering the service. You can also view the privacy policy and T&Cs

10. To book a class, select 'see all' under the class timetable

11. Choose the date and time you wish to participate in a class, and hit the 'book' button.
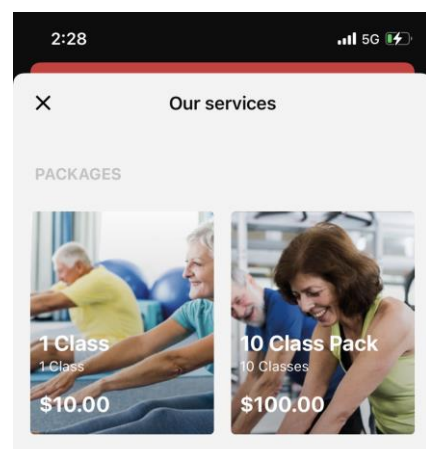
12. Select your class pack and enter any financial details as required. If you have pre-purchased a pack this will go through straight away.