

## STEP 1: Choose Appointment

- Select the appointment time you wish to book
- Select 'Continue'

### 1 Choose Appointment

<b>Hour Workout</b> 1 hour	Quantity: <input type="text" value="1"/>
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[MORE TIMES >](#)

<b>TOMORROW</b> <b>Friday</b> July 17	<b>Saturday</b> July 18	<b>NEXT WEEK</b> <b>Sunday</b> July 19	<b>Monday</b> July 20	<b>Tuesday</b> July 21
7:30am 10 spots left	9:00am 10 spots left	9:00am 10 spots left	7:30am 10 spots left	7:30am 10 spots left
9:00am 10 spots left	10:30am 10 spots left	10:30am 10 spots left	<b>9:00am</b> 10 spots left	9:00am 10 spots left
11:30am 10 spots left	<b>12:00pm</b> 10 spots left	12:00pm 10 spots left	11:30am 10 spots left	11:30am 10 spots left
1:00pm 10 spots left	<b>Continue &gt;</b> Add a Time... Recurring...		1:00pm 10 spots left	1:00pm 10 spots left
2:30pm 10 spots left			2:30pm 10 spots left	2:30pm 10 spots left
5:00pm 10 spots left			5:00pm 10 spots left	5:00pm 10 spots left
6:30pm 10 spots left			6:30pm 10 spots left	6:30pm 10 spots left



Each time will indicated how many spaces are available or remaining for that specified appointment slot.

## STEP 2: Your Information

- Enter your information in the required fields \*
- Select 'Complete Appointment'

## 2 Your Information

Name \*

Phone \*

Email \*

Address \*

[Complete Appointment »](#)

### STEP 3: Confirmation

- You will then be sent a confirmation email indicating your scheduled time you have selected.

## 3 Confirmation

Hour Workout

**Saturday, July 18, 2020**

**12:00pm**

📍 68 McNamara Drive

[Cancel](#) [Reschedule](#) [Edit Forms](#)

[Add to iCal/Outlook](#)

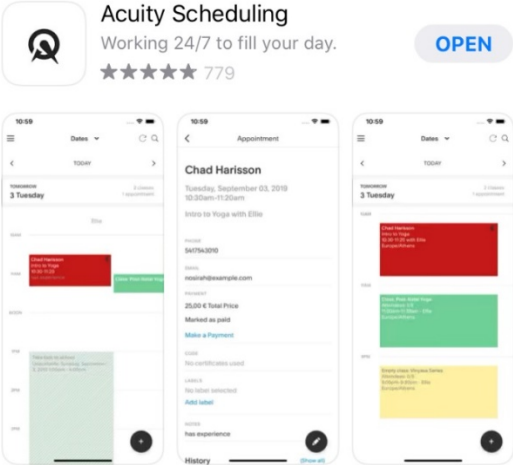
[Add to Google](#)

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Save your information

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Or scan the QR Code below:

