



## **1 on 1 MOVEMENT PERFORMANCE or PHYSICAL THERAPY**

### **1 on 1 Individual Movement Performance and Physical Therapy**

- Scan the QR Code or click the permalink from the PDF for the membership plan you would like to select.
- This will take you to the Purchase Review Screen of our online sales portal.
- If you have a PROMO code, you will add/apply that immediately.
- You will sign a Consent/Waiver and Athlete Code of Conduct before checking out, which are required before participating.
- You will receive an email, prompting you to set up an account (user profile) and download the WODIFY APP for signing up for classes and checking in.