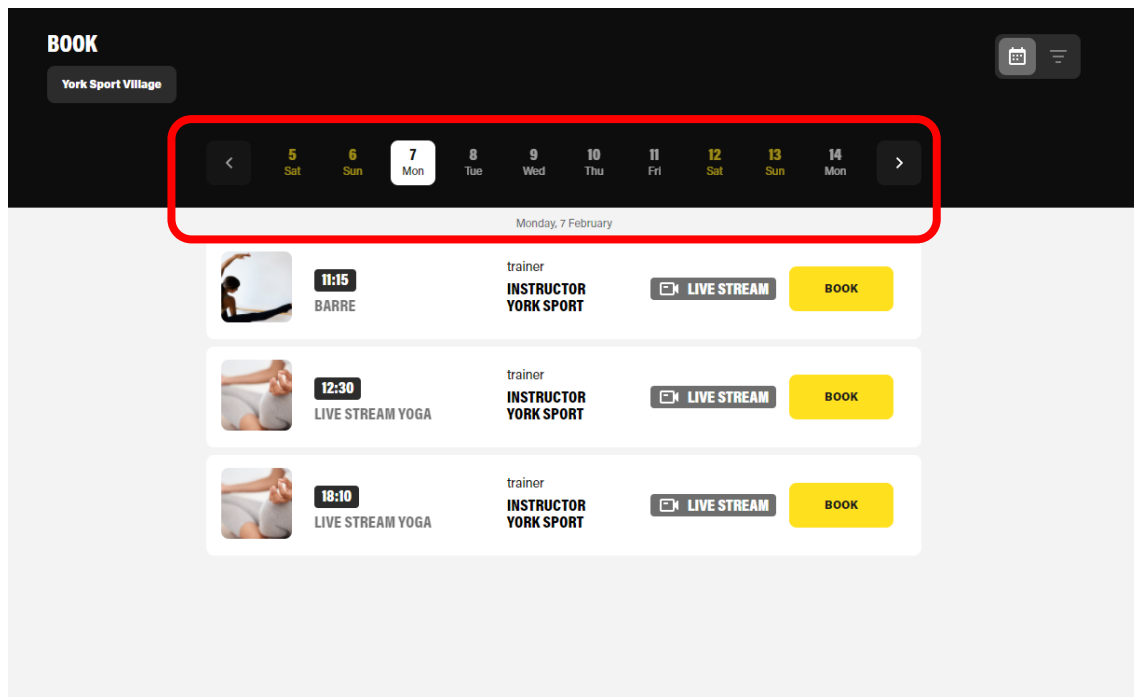
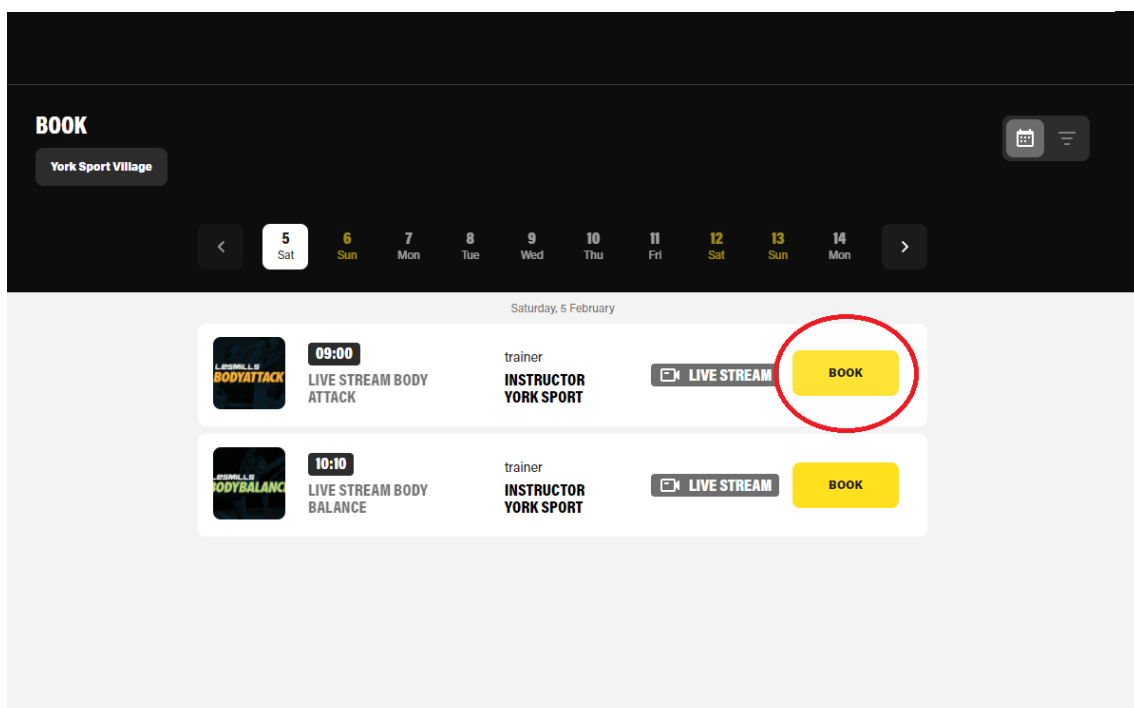


My Wellness Class Joining Instructions February 2022

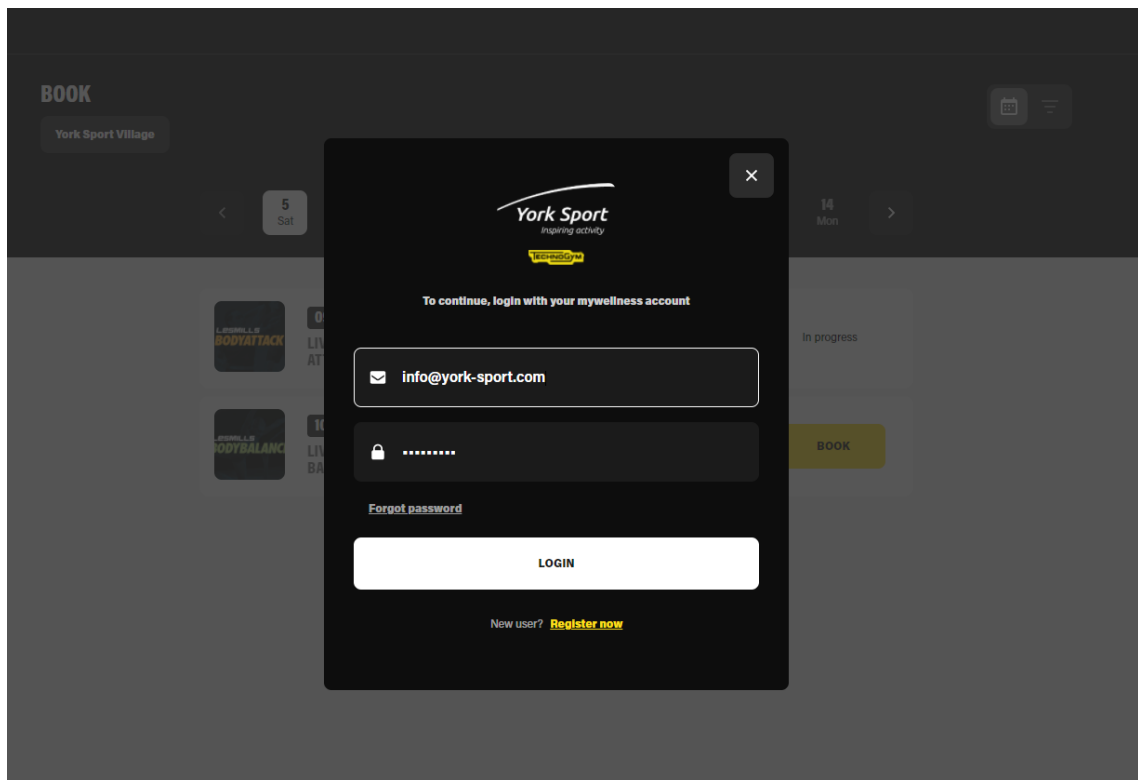


On your browser, type in <https://widgets.mywellness.com/facility/yorksportsvillage> and you'll see the class schedule for the day. You can use the calendar to view classes for a different day.

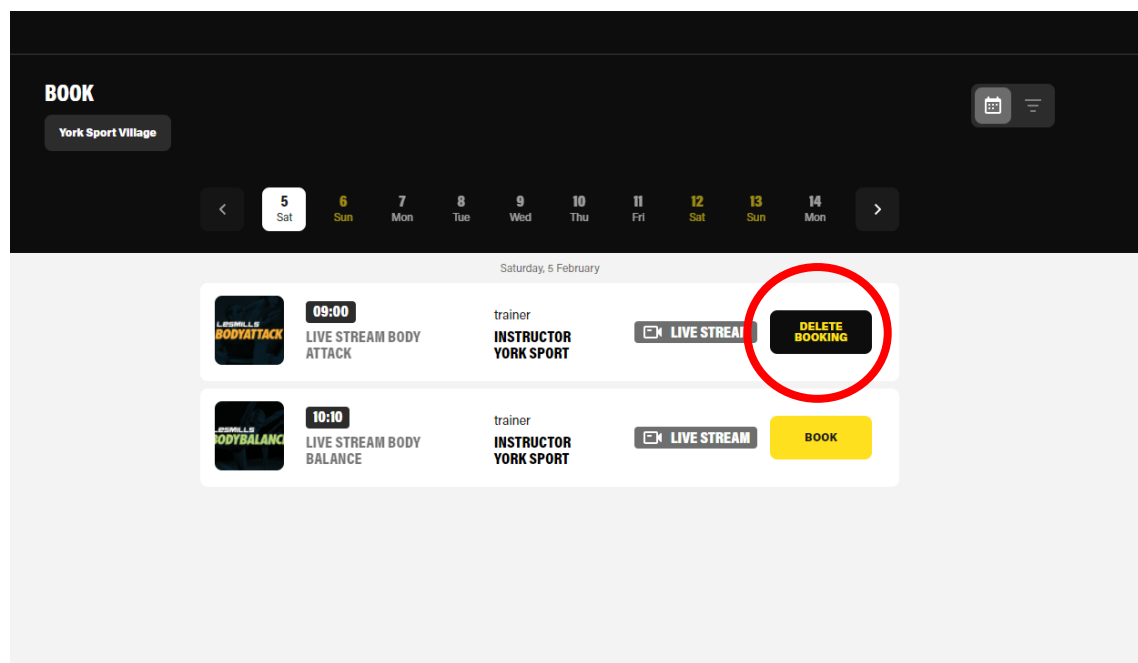


Choose your class and select 'Book'.

My Wellness Class Joining Instructions February 2022

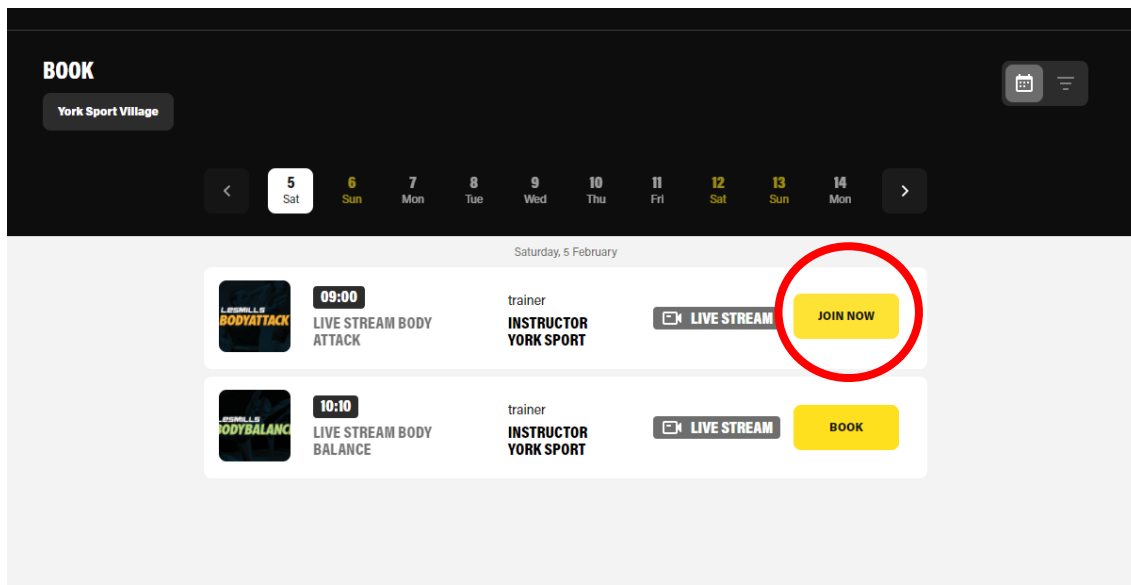


You'll then be prompted for your log-in details. Use the same email address and password as the York Sport Wellness app. If you've forgotten your password, click on 'Forgot password' and follow the instructions.

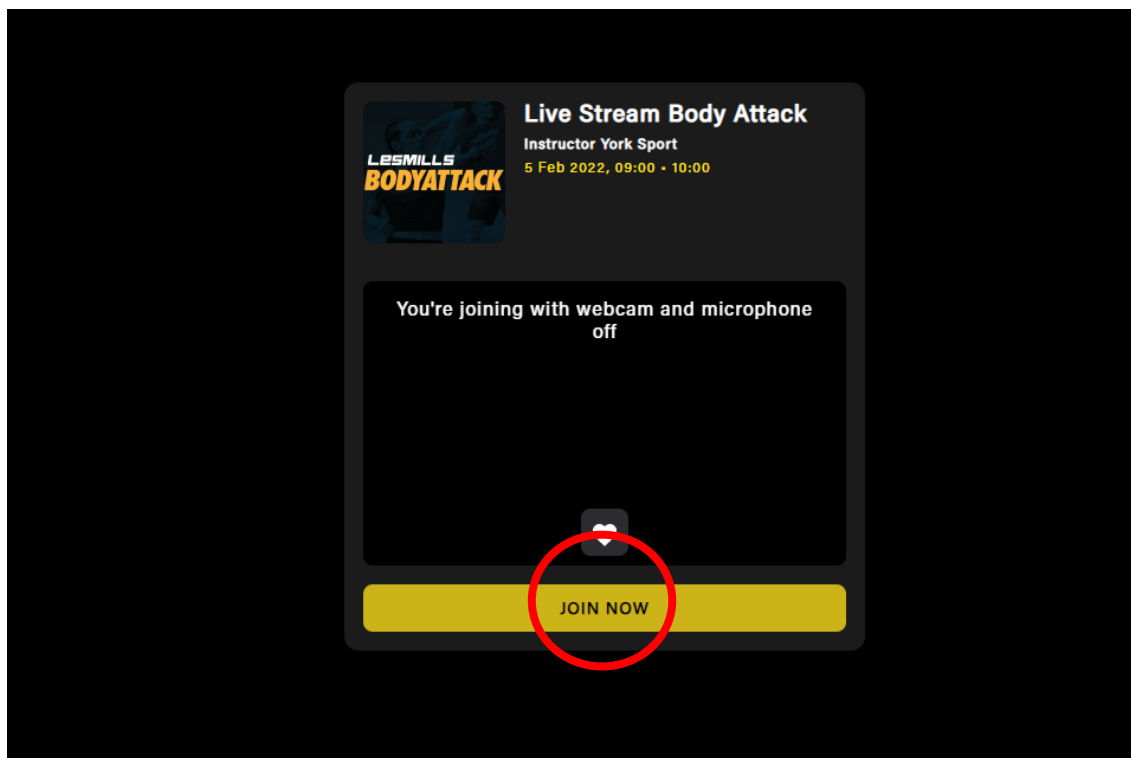


When you have booked the class you will get the option to delete the booking. Only do this if you no longer want to complete the class.

My Wellness Class Joining Instructions February 2022



Once the instructor has opened the class the 'Delete Booking' button will change to **JOIN NOW**. Don't refresh the page as this may log you out of your account: the button will automatically change. Click this to join the class.



Click on **JOIN NOW** to join through the device that you're currently using. You have the option to turn your webcam and microphone on/off.

Enjoy your class!