



INSTRUCTIONS FOR ONLINE MEMBERSHIP SIGN-UP

How to sign up:

1. If you have not previously signed up in Mindbody to create an account to check your visits online, you will need to give us your email address. You will then receive a link from Mindbody to set up your new account. You can do this by emailing us at CORE@PNBCOnline.com or by leaving a clear message with your email address at (651) 631-4249. Then, follow the steps below.
2. Go to <https://mindbody.io/>
3. Click "sign up" in the top right corner.
4. Follow steps to create an account- if you gave us your email on your initial membership paperwork, use that same email.

Once you have created an account, you can purchase your monthly contract.

How to purchase your membership:

1. Go to <https://clients.mindbodyonline.com/launch>. In the search bar, search "pnbc."
2. Select CORE Spinal Fitness
3. You may get the staff sign-in box. If so, select "not staff?"
4. Sign in using your account.
5. Select the "online store" tab and select "contracts" under that.
6. Choose Monthly Membership New in the drop down box under "which contract or package would you like?"
7. Select when you would like it to start.
8. Click "make purchase" and purchase the contract. (\$58). We do not have annual or couples memberships at this time.