

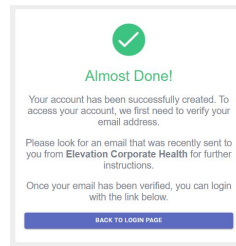
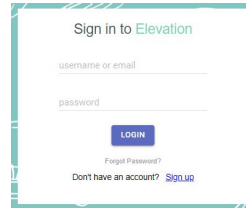


# ELEMENTS FITNESS PORTAL



## Create an Account at elevationportal.com

1. Go to [elevationportal.com](https://elevationportal.com)
2. "Sign Up" as a new member
3. Create New Account
  - a. Enter name and email address
  - b. Company Name: **GARDEN COMMUNITIES**
  - c. Your Location: **ELEMENTS**
  - d. Create Username & Password
4. Waiver
  - a. Agree to Terms and Conditions
5. Confirm Your Account
  - a. You will receive an email to confirm your account



- 1 Name and Email
  \*First name  
 \*Last name  
 \*you@example.com
- 2 Company
- 3 Facility Location
- 4 Credentials

## Register for Group Fitness Classes

1. Login to [elevationportal.com](https://elevationportal.com)
2. Choose which class(es) you want to attend
3. Click the blue "Register" button
  - a. You must register or cancel at least 30 minutes prior to the start

### Vinyasa Flow - All Levels

A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. From beginners to advanced, this class is for everyone!

Time: 7:00pm to 7:50pm PDT  
Date: Sep 30th, 2019  
Instructor: Kat Cheng  
Price: Free

## Purchase Personal Training

1. Login to [elevationportal.com](https://elevationportal.com)
2. Click "Health & Fitness Services"
3. Choose which package you want, choose your trainer, and then purchase with credit card

Personal Training  
If you're ready to take your exercise to the next level, Personal Training may be for you. You will meet with a certified coach, discuss your goals, then be on your way to your fitness goals!

5 pack personal training  
1 sessions / \$150.00 per session / valid for 100 days

1-hour Personal Training Session  
1 sessions / \$5.00 per session / valid for 3 months

