

Join the HSC Fitness Centre

Step 1: Watch the online orientation video

- Available on the HSC Fitness Centre website under "Orientation Video" tab
<https://hsc.mb.ca/blog/fitness-centre/>

OR

- Join our Facebook group "[HSC Fitness Centre](#)". Once you have joined and been accepted you can find the video in the media section under the videos tab. It is the one with the blue entrance doors.

QR code for our Facebook page.



Step 2: Create an account on MINBODY

Copy this link into your browser and follow the steps to create an account

<https://clients.mindbodyonline.com/classic/ws?studioid=834166&styp=-98>

Step 3: Choose a membership

- a.) Payroll deduction: If you are paid by HSC or Shared Health you can choose to pay through payroll deductions. By purchasing this \$0.00 contract you give the HSC Fitness Centre permission to deduct \$12.96 from your payroll every two weeks (you also authorize any future Fitness Centre increases when they occur).
- b.) 28 Day Auto-pay: Using a credit card you can set up an auto-pay that will automatically charge your credit card. By purchasing this contract you give the HSC Fitness Centre permission to charge you \$25.92 to your credit card every four weeks (you also authorize any future Fitness Centre increases when they occur).
- c.) Term Membership: Available in 1,3,6,9, and 12(10% saving) month terms, this method allows you to pre-pay for your membership. Rates are available when making your purchase.

Step 4: Pay for your chosen membership

1. Purchasing payroll deduction or 28 day Auto-pay
 - a.) Select "Online Store"
 - b.) Select "Contracts"
 - c.) Choose either Payroll Deductions or Member Auto-pay 28 Day Recurrence (when you choose payroll deduction you will be charged \$0.00, an email from mindbody will be sent to the gym and we will then add you to the payroll report).
2. Purchasing a Term Membership
 - a.) Select the "Services" Section
 - b.) Select "Gym Membership"
 - c.) Select the term membership you would like to purchase

Step 5: Access

HSC Fitness Centre will request access to the gym doors from security. Security is available Monday to Thursday from 9am-3pm and on Friday's from 9am-noon to grant access. Security requests a 24-hour period to process the door access requests.