

# How to sign up for Soul Haven classes at the UMary Fieldhouse Fitness Studio:

\*did we mention it's FREE to attend thanks to the University of Mary!

## OPTION 1: MindBody App

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If you don't already have the app, you can download it & create an account for free! Once you have an account, search for **Soul Haven Studio**. Go to our schedule & select the dates we'll be on campus. Click 'BOOK' & you're all set!

## OPTION 2: Our Website

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[www.soulhavenstudio.com](http://www.soulhavenstudio.com)

Find our schedule & click 'BOOK' next to the class on campus you'd like to attend! (This will take you to MindBody online).

**FOR MORE INFO:**



[soulhavenstudio@gmail.com](mailto:soulhavenstudio@gmail.com)

**Q: "What if I show up without signing up?"**

**A:** No problem! If there's room in class you're welcome to join us! \*although we recommend signing up early as space is limited & you don't want to miss out!

## GIVEAWAY!

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For every class you attend your name will be entered into a drawing! Once we've completed the 6 week program one lucky winner will receive a 1 Month Unlimited Membership to Soul Haven Studio!



UNIVERSITY  
of MARY

Student Recreation  
& Wellness Program

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