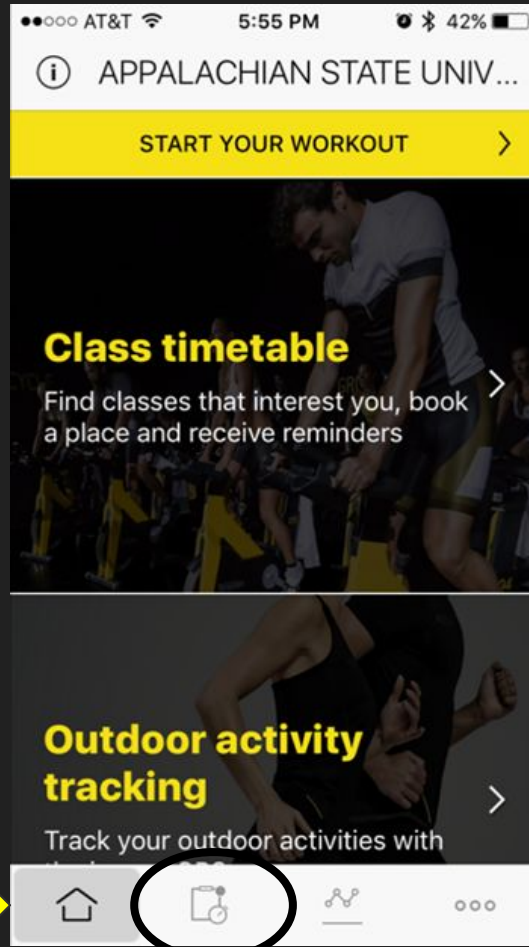




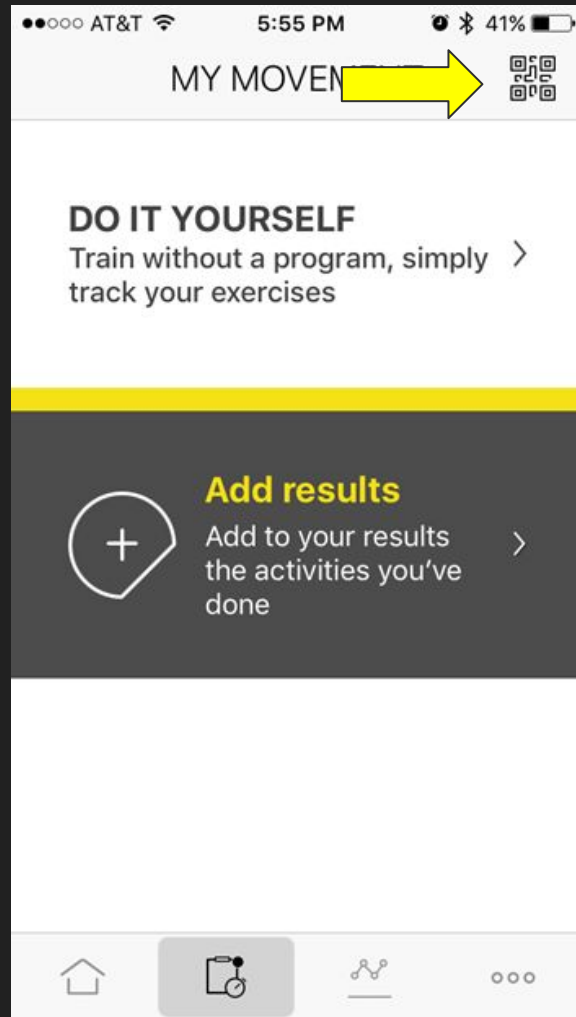
**DOWNLOAD THE MYWELLNESS® APP:**



Once you set up an account go to the clipboard icon at the bottom (iPhone) or MyMovement (Android).



From here.  
Select the QR  
scanner at the top  
right corner.

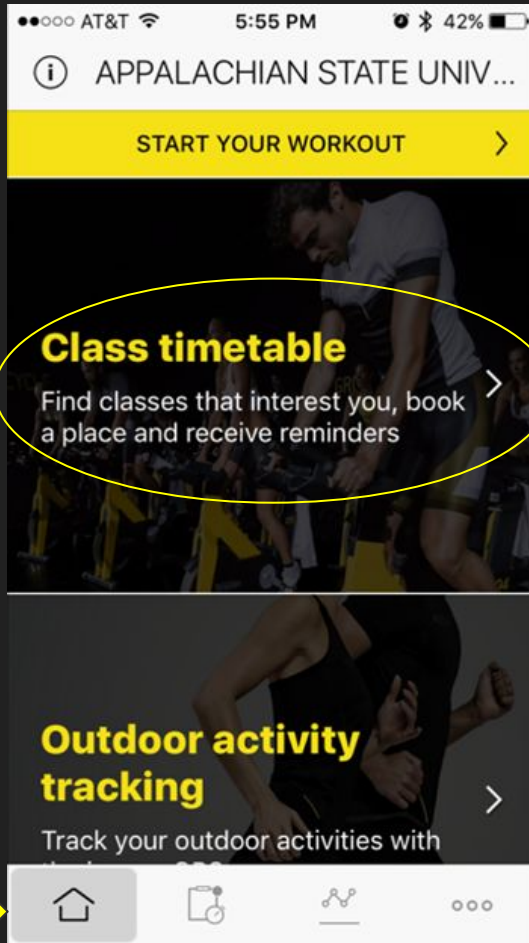


Now, scan our QR code!

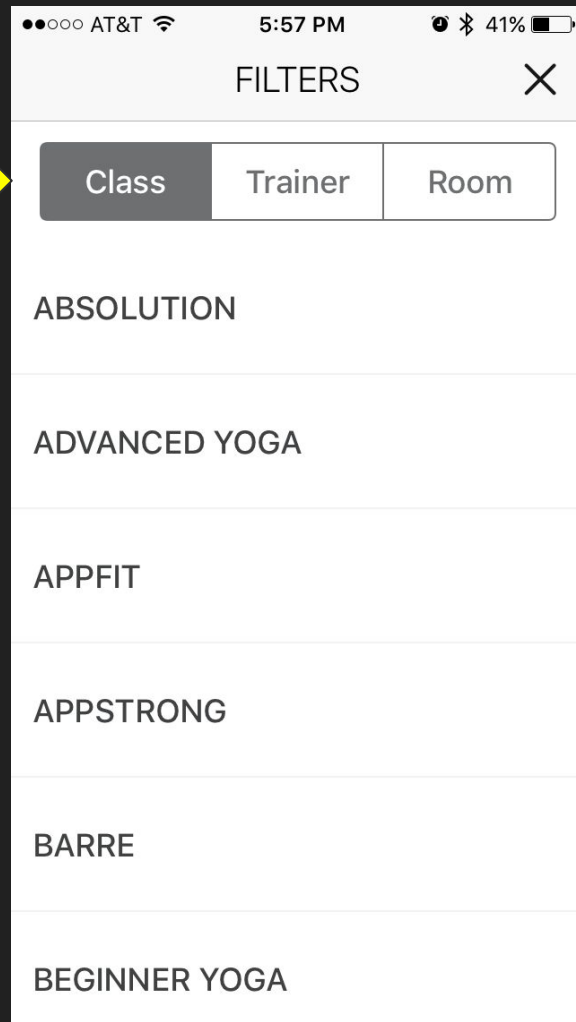
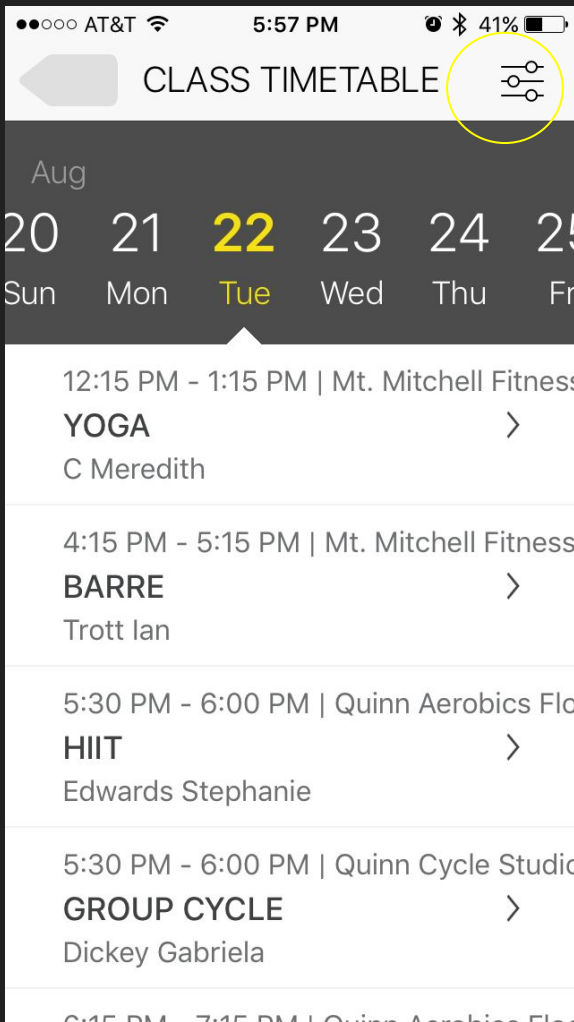


You now have  
#AppStateFitness  
on your phone!

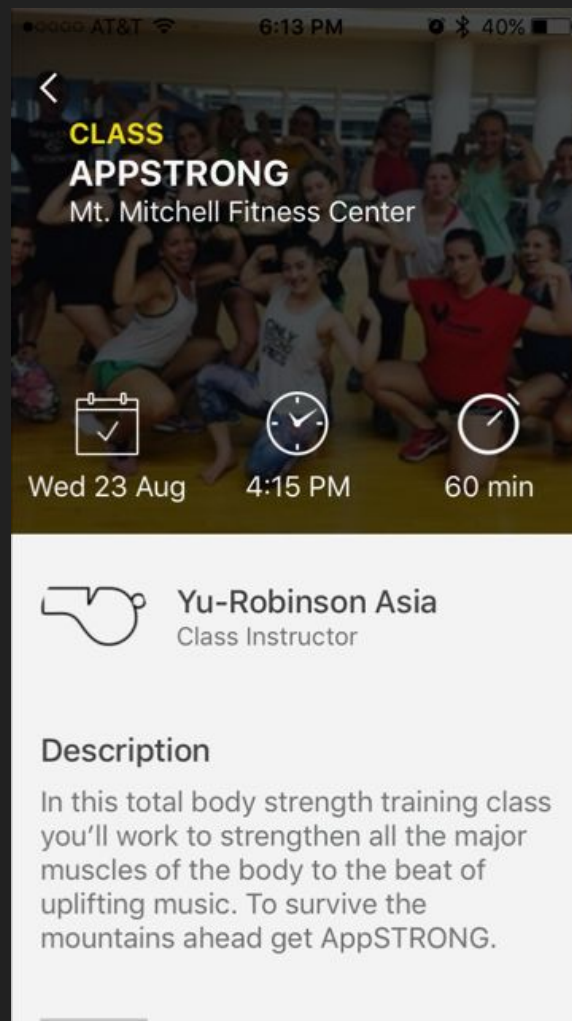
Go to the home screen  
and refresh the page by  
pulling down. Then, select  
class timetable to see our  
full schedule.



You can search by class format, instructor, or location!




Click on a class to  
get a full description!



The screenshot shows a mobile app interface for a fitness class. At the top, the status bar displays "AT&T", "6:13 PM", and "40%". Below the status bar is a back arrow icon. The main content area features a group photo of people in a fitness class. Overlaid on the photo is the text "CLASS APPSTRONG" in yellow and white, and "Mt. Mitchell Fitness Center" in white. Below the photo are three icons: a calendar with a checkmark, a clock, and a timer. Underneath these icons are the dates and times: "Wed 23 Aug", "4:15 PM", and "60 min". Below the photo area is a white section with a profile icon of a hand holding a dumbbell, the name "Yu-Robinson Asia", and the title "Class Instructor". Below this is a section titled "Description" with the text: "In this total body strength training class you'll work to strengthen all the major muscles of the body to the beat of uplifting music. To survive the mountains ahead get AppSTRONG."

CLASS  
APPSTRONG  
Mt. Mitchell Fitness Center

Wed 23 Aug 4:15 PM 60 min

 Yu-Robinson Asia  
Class Instructor

**Description**

In this total body strength training class you'll work to strengthen all the major muscles of the body to the beat of uplifting music. To survive the mountains ahead get AppSTRONG.