

Questions and Answers about MindBody:

What is MindBody?

MindBody is the new system we are using for members to register for any fitness related class (fee or free) and purchase personal training, special programs and reformer packages.

Why should I use this program to register for free classes at the JCC?

There are a few reasons listed below as to why we would like every member to participate in using MindBody:

-Class attendance

-We are using it to see how many people are attending each class. If a class reaches below 8 people per class the class may be canceled. So in order to keep your favorite classes on the schedule we need members to participate in pre-registering for each class.

-Communication to members

-If you are registered for a class and your class is canceled or has a sub, you will be notified immediately regarding the changes via email or text notification.

-Instructors

-This will allow our instructors to get to know your names better and see in advance who is coming to their class so they can plan according.

How do I sign up for a class on MindBody?

There are a few ways you can go about doing this. You can download the free app on your smart phone or go to the JCC website (www.columbusjcc.org) click on 'Recreation & Wellness' then 'Fitness' and 'Exercise Classes.' The most convenient way to register is via the app on a smartphone or tablet.

What happens if I choose not to participate in signing up for my classes?

We are not forcing anyone to do this but are highly recommending it. If you do not pre-register for a class, the instructors will be taking time out of the workout in the beginning of class to make sure everyone is signed in.

Booking made simple.

