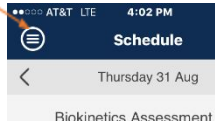


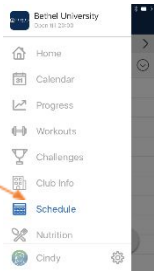


How to sign up for the Biokinetics Intake Assessment through the Virtuagym app

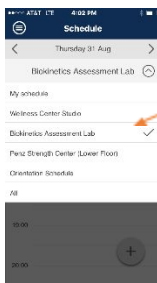
- 1) If you have not signed up for a Virtuagym account, please see front desk at the Wellness Center or Admin in RC230)
- 2) Download Virtuagym app through your phone's app store.
- 3) Sign in using your account's username and password.
- 4) Click the side menu on the left.



- 5) Click on 'Schedule'.



- 6) This should pull up a list of classes. Click on Biokinetics Assessment Lab .



- 7) Click on the box with the date, time and instructor you would like to book.



- 8) Click on 'Book now'. You will receive an email confirming your appointment.

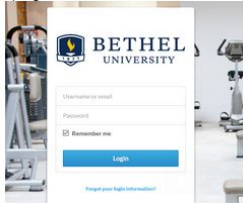




How to sign up for the Biokinetics Assessment Lab through the Web

<https://bethel-university.virtuagym.com>

- 1) If you have not signed up for a Virtuagym account, please see front desk at the Wellness Center or Admin in RC230)
- 2) Sign in



- 3) Go to top of page



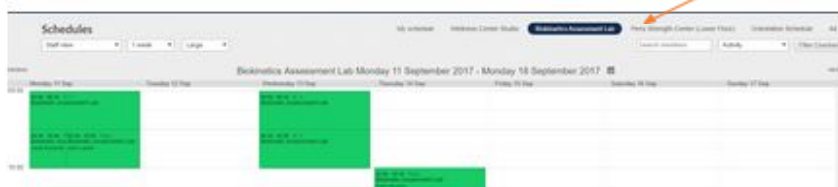
- 4) Click on boxes to the left of their name



- 5) click on 'schedule'



- 6) Make sure you click on the 'Biokinetics Assessment Lab' at the top of the page (will be highlighted in dark blue).
- 7) Click on date and time you would like to schedule.



- 8) Click on 'Book now'

