

Welcome to Rock Bottom Personal Training ~ were your body is your gym!

Thank you for buying our LivingSocial Deal. We at Rock Bottom are here to educate you on how to exercise and be healthy anywhere you go.

**Meetup.com** is our main way to communicate with you and our trainers. So we would like to walk you through how to use Meetup.com.

- 1) First is join/ signup on meetup
- 2) Find Rock Bottom Fitness
- 3) Go to my Account
- 4) Membership & Communication ( left hand side of screen in blue)
- 5) Find Rock Bottom Fitness
- 6) Edit communication settings
- 7) Mailing list ~ “don’t send me mailing list messages”
- 8) Check any other boxes you fill apply
- 9) RSVP to meetup classes!!!

Meetup Classes are formed by the instructor.

There are some classes that do not fall in the LivingSocial deal realm. So please read the description carefully and email instructor with any question.

### **Liability waivers**

You know what you are getting into...meaning that you have a doctors approval and know what your limitation are. And that you take responsibility for your own decisions to participate in these classes.

### **Membership card**

This card has your voucher number on it, name and expiration date. From the first day/ class you take , you have 8 weeks to participate in classes that are on the calendar and are part of the LivingSocial Deal. Please have this card with you at all class sessions to that the trainer knows that you have already paid. The trainer will have a list but please bring your card.

