

Mind Body App FAQ

What is Mind Body?

It is an application (app) and a webpage that easily allows you as Associates to enroll in group exercise classes and check into the fitness center when you want, at no cost!

How do I sign up?

You will automatically be signed up for the MindBody App and website if you are registered to use the fitness center. The username is your Grande email and MindBody will provide you with a password.

How do I access the Mindbody App?

You can access the app via the Appstore if you have an iPhone or by going to the Google Play store if you have an android. It is also available as a webpage at <https://clients.mindbodyonline.com/classic/home?studioid=330829>. You can use your phone, tablet or computer to access the Mindbody App. The app is free to download.

How do I log in?

Associates that have completed the fitness evaluation and orientation will be sent an email with a link to get into the Grande specific webpage. You will click on the link and it will take you to the MindBody website. Then in the upper right hand corner, you will enter your Grande email followed by: Grande1234.

Username: firstname.lastname@grande.com

Password: Grande1234

Once you have logged in for the first time, you will want to change your password to something you will remember. The page that comes up when you first log in is the page you can change your password on. On the lefthand side, the column is called "personal" you will click "edit" and then click on the password box. You can type in your new password in the box and then click save at the bottom of the "personal" column.