Here are the instructions on how to view the weekly schedule and register for a Class Pass that gives you access to EVERY virtual class on our schedule AND access to the class videos at anytime during the week! So, if you can’t make a live session, you can still access the video and complete the workout on your own!

1. Go to [www.maxefforttraining.com](http://www.maxefforttraining.com)
2. Click on “Group Fitness Schedule” in the top navigation bar

3. Our current schedule is shown on this page
4. Click on any upcoming class, scroll to the bottom of the registration page and click “sign in”

5. Create an account if you don’t already have one
6. Once you are signed in, you will then have an option to purchase a Class Pass for the week
7. Enter WELLU4 in the space labeled “Discount Code”

8. Once you have registered for a Class Pass, you do not need to register for individual classes; you will have access to every class offered that week
9. Before the class begins, you will receive an email providing you a link to join in via Facebook Live

All classes have been modified so you can take them in the comfort of your own home without equipment. For more information please contact joe@maxefforttraining.com