

WELCOME TO MODFIT!

SCHEDULING YOUR SESSIONS

Schedule your Modfit sessions through your browser (modfit.com/gangplank) or by downloading the Modfit mobile app (search “Modfit” in the iTunes app store – Google Play store).

Currently at Gangplank you have the following session options:

1. INITIAL CONSULTATION (30 MINUTES)

When scheduling your **very first Modfit session**, be sure to choose **Initial Consultation**. You will meet with the wellness coach to tour the clinic, see how everything works, and complete your first session.

2. MINDFULNESS SESSION (15 MINUTES)

Our Mindfulness session is designed to relieve stress, tension, and muscle discomfort using our **zero gravity massage chair**. Put on the Beats headphones, choose a playlist, and relax.

3. POWER PLATE SESSION (15 MINUTES)

The Power Plate sessions with your wellness coach will alleviate pain, build strength, and increase your flexibility so you can **power through your workday**. These corrective exercises will make you feel better, move smarter, and work happier. Every session closes with the Deep Muscle Stimulator that will leave you feeling energized and relaxed!

EARN & REDEEM REWARDS

Earn points for every session you attend, Facebook hashtags, and other Modfit activities. All points are tracked in your Perkvilla account and this is also where you redeem them for **awesome prizes!**

It's easy to setup and access your Perkvilla account from **within the Modfit mobile app**. A couple quick taps, an email confirmation, and you will be ready to go.

p.s. you earn 500 points just for signing up!