

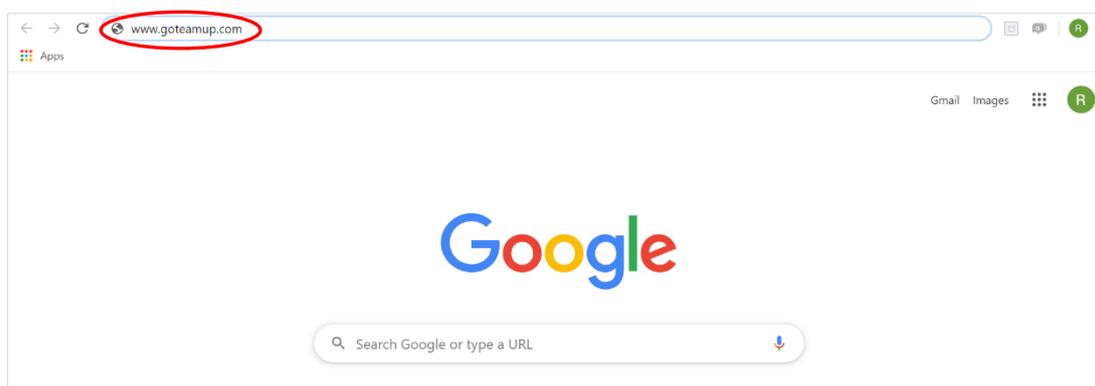
How to Login to TeamUp and Sign Up for the Jessica Pilates Live Online Video Sessions Free Trial Week

NB: In order to access our Live Online Video Sessions Free Trial Week, you'll need to have access to your TeamUp account. This will have been activated when you first joined Jessica Pilates. If you haven't yet made use of TeamUp, please contact Jess at jess@jessicapilates.co.uk so that you can be sent your personal link in order to make use of your account.

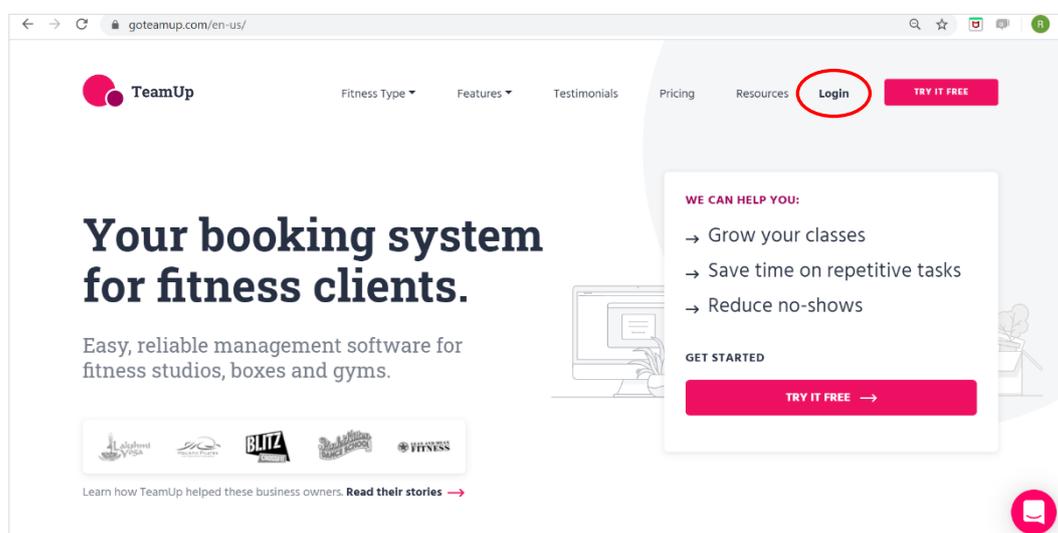
The Live Online Video Sessions Free Trial Week will be running from Monday 30th March to Friday 3rd April inclusive.

If you've previously signed up to TeamUp, follow the instructions below to login to your account and subsequently register for the Live Online Video Sessions Free Trial Week.

1. Head to TeamUp by typing 'www.goteamup.com' into the URL bar of your website browser and press enter.



2. You'll be redirected to the TeamUp welcome page. Click on the 'Login' button in the top right-hand corner.



3. Enter your email address. Use the email address to which you usually receive Jessica Pilates emails. Then click on the 'Next' button.

Log in to TeamUp.
Welcome back!

EMAIL:

4. Now enter your password. This will be the same password as the one you set when you first registered your TeamUp account. Then click on the 'Login' button.

Log in to TeamUp.
Welcome back!

EMAIL:

PASSWORD:

5. If you've forgotten your password, scroll down the page and click on the 'Forgot Password' link. Follow the onscreen instructions in order to reset your password.

Log in to TeamUp.
Welcome back!

EMAIL:

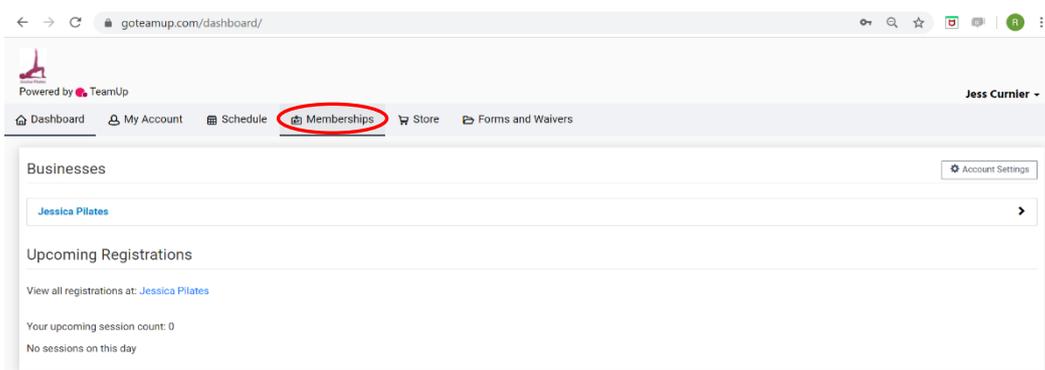
PASSWORD:

Want to run your business using TeamUp? [Sign up](#)

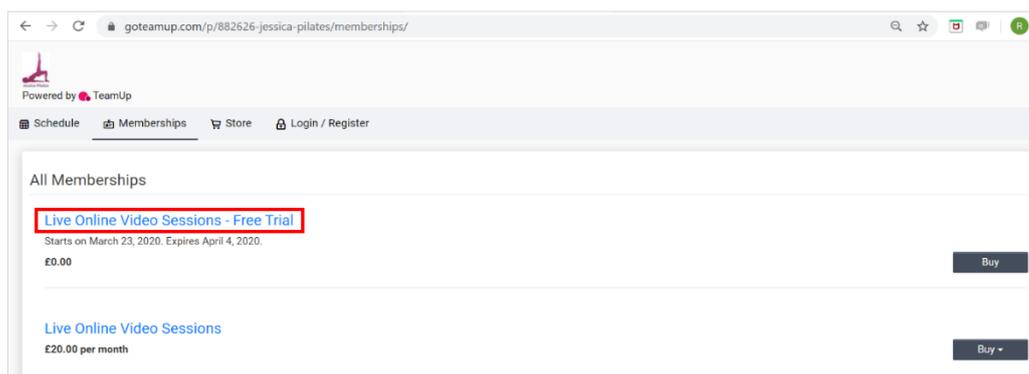
[Forgot password?](#)

- You'll now have successfully logged into your TeamUp account and landed on what's called your 'Dashboard'.

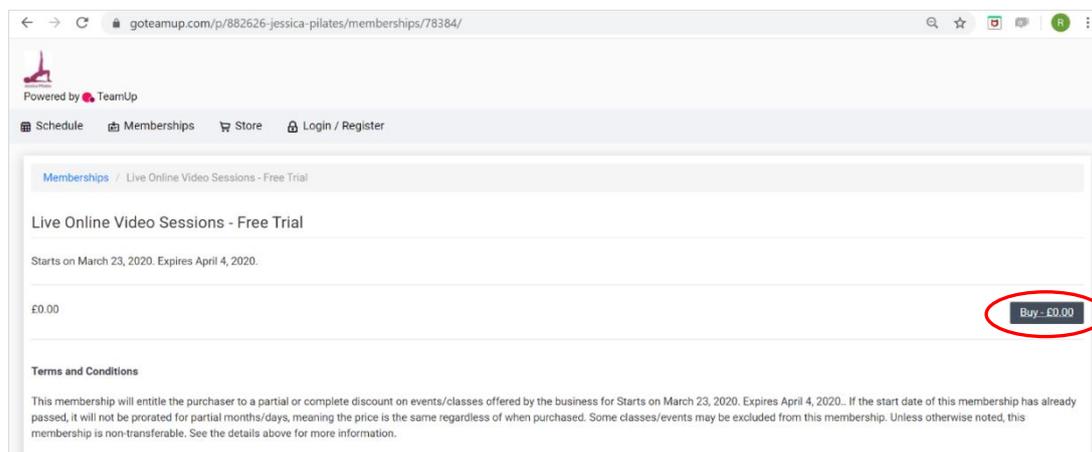
To register for our free trial week of Live Online Video Sessions, click on the 'Memberships' tab.



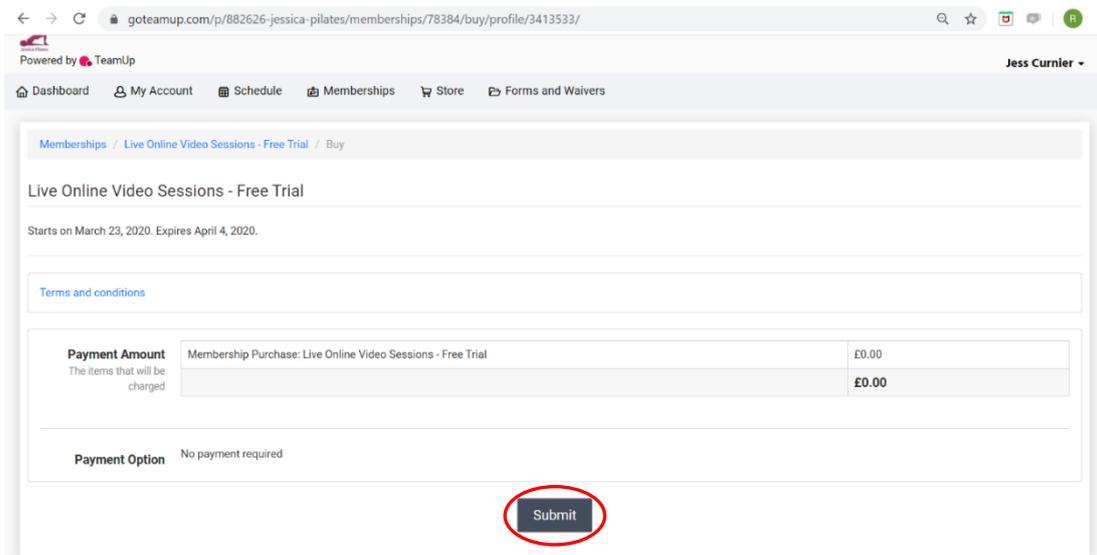
- You'll be redirected to the page below. Click on the first membership option you see called 'Live Online Video Sessions – Free Trial'. It's priced at £0.00.



- You'll be redirected to the page below. Click on the 'Buy' button – don't worry, it's definitely FREE!



9. You'll be redirected to the following page. Given there's nothing to pay, simply click on the 'Submit' button.



You'll now have added this membership to your TeamUp account, allowing you to register for your preferred class during our Live Online Video Sessions Free Trial Week 😊.