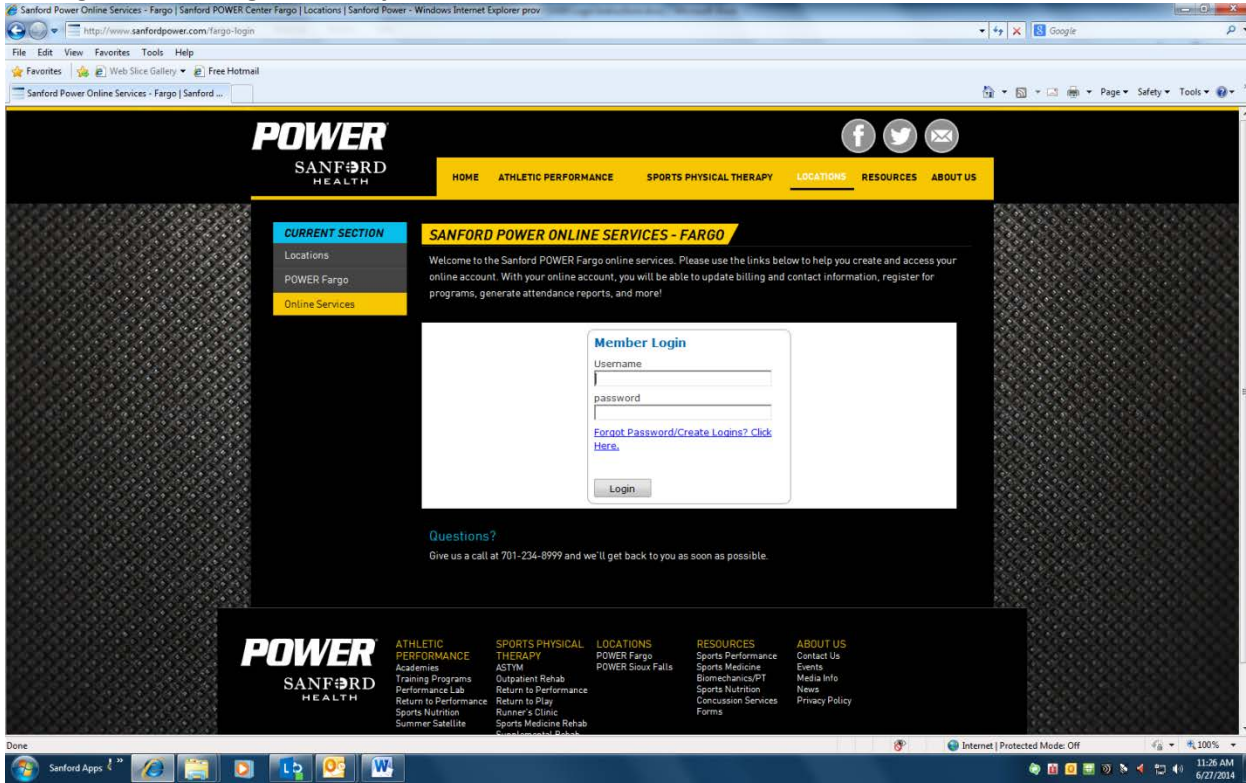
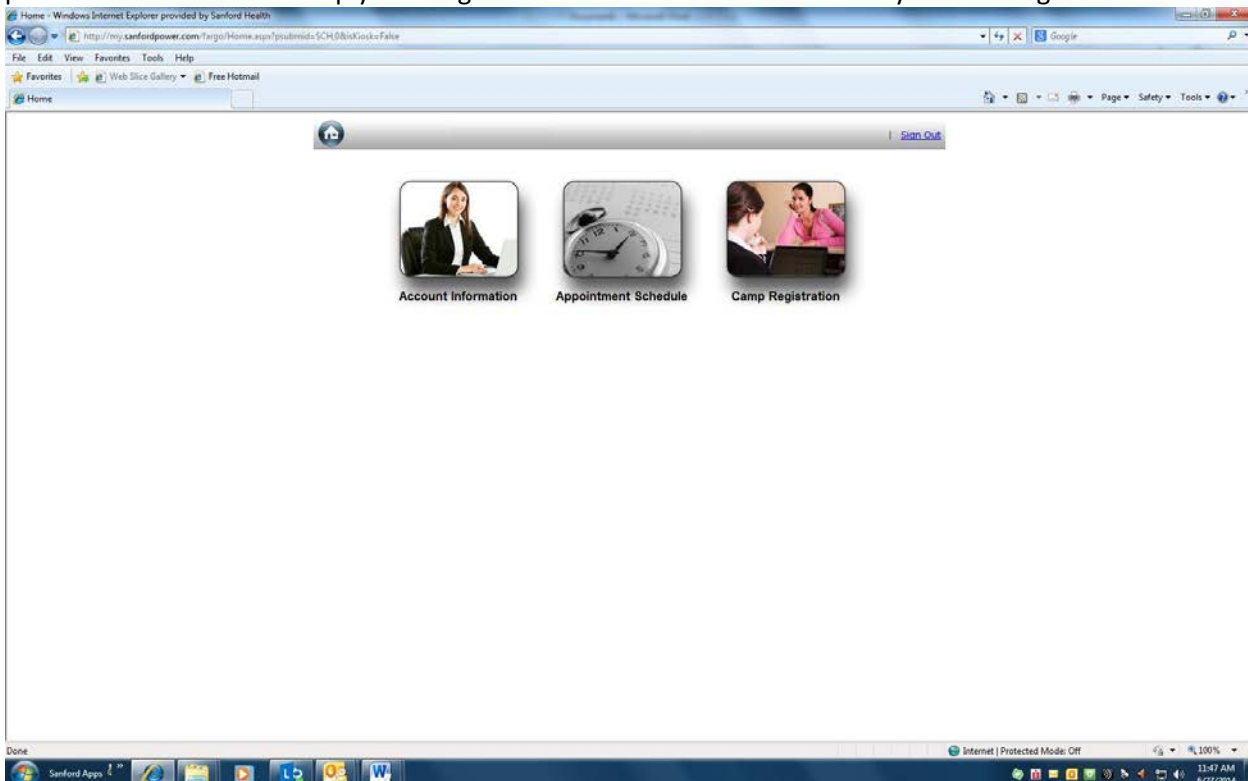


1. Please click the Login link at <http://www.sanfordpower.com/fargo-login>. That will take you to our Online Services page, which will include information on accessing and using your online account as well as the login screen. **Login box may take a few minutes to load for first time users.**



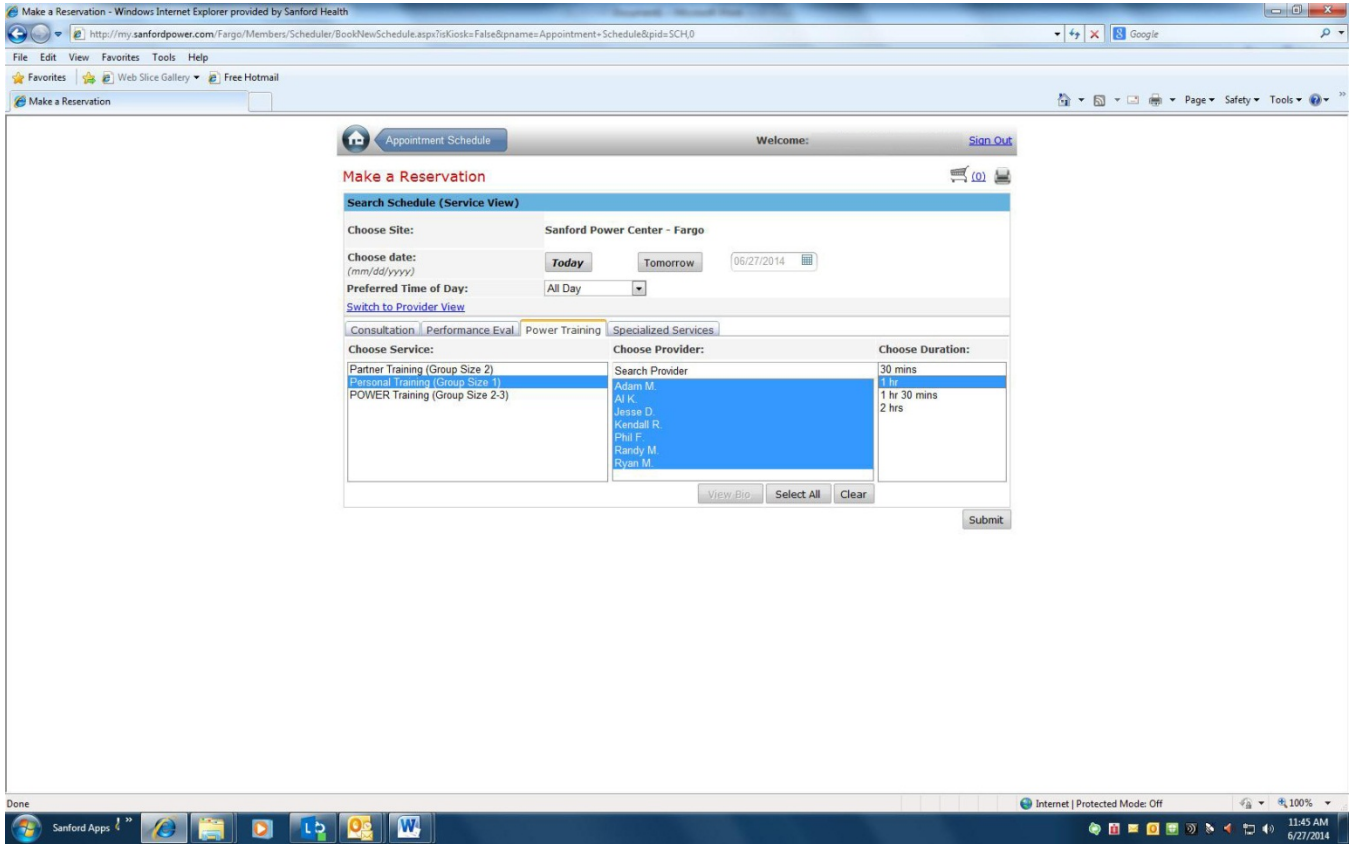
YOUR USERNAME AND PASSWORD WILL BE EMAILED TO YOU AFTER YOUR FIRST VISIT TO POWER.

Use the **Appointment Scheduler** to schedule a time with your Exercise Specialist at POWER Center. Use the provided information to help you navigate the services available to secure your bookings.

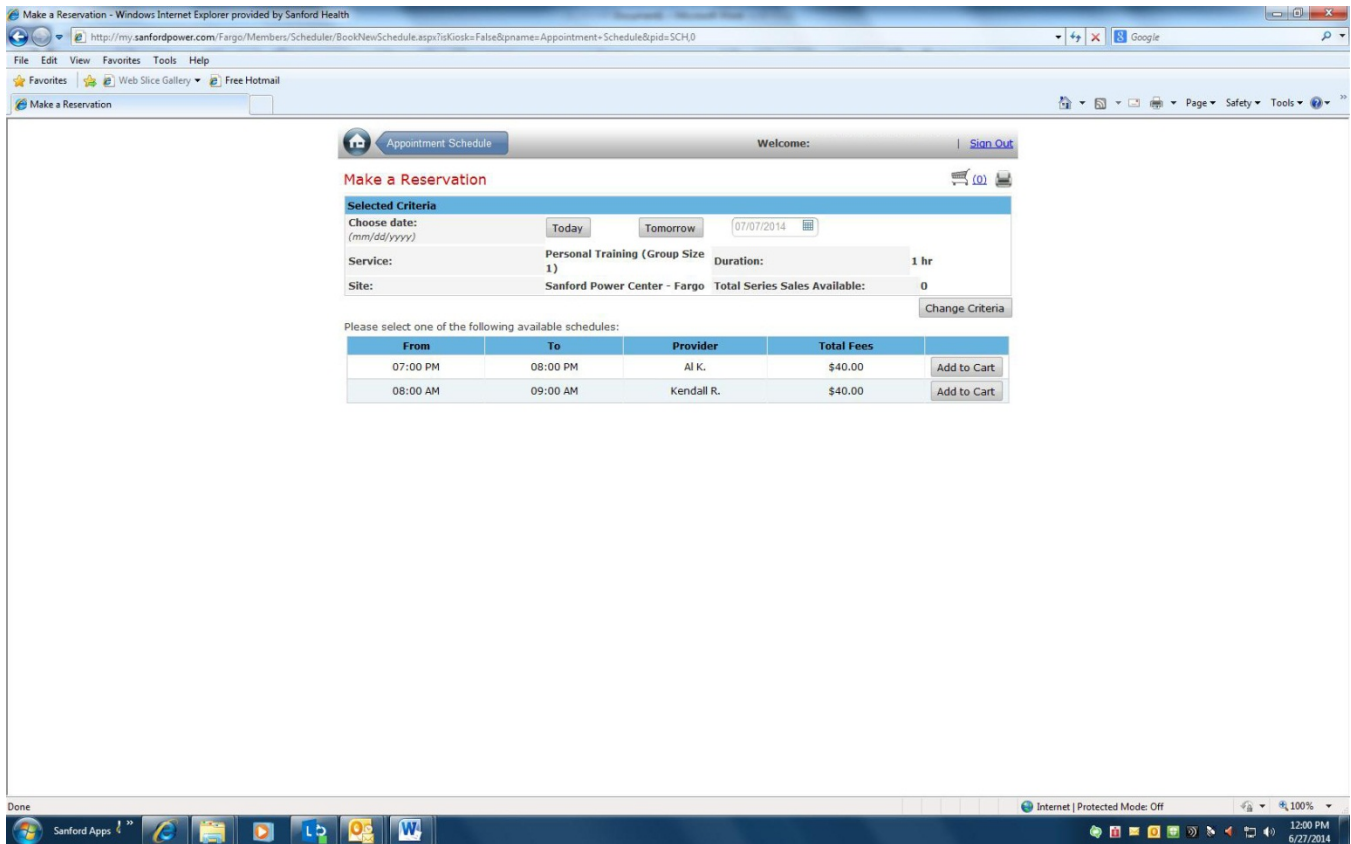


2. After clicking "Appointment Schedule" on the home page, select the reservation criteria including date (Today, Tomorrow, or selected date), Preferred Time via drop down menu, and Service you would like to reserve by click the appropriate tab.

3. Highlight the service by clicking it once, and select the duration of the reservation by highlighting the icon.



4. Click “Submit” once all criteria are selected. If there are no reservations available, you will be prompted to select a new date.



5. If reservation options are available, select the option that you would like by clicking “Add to Cart.” If there are more reservation options than will fit on one screen, click “Next” to view the rest of the options. There is no cost to schedule any of the provided options.

6. After clicking “Add to Cart” you will see the View Shopping Cart Screen. From here, click “Continue Shopping” to schedule more services or enroll in additional programs, or click “Checkout” to finalize your schedule reservation.

7. After clicking “Checkout” you will see a confirmation that your reservation has been made!

If you have any questions, please contact Sanford POWER Center at 701-234-8999.