



How to Register: New Clients


Thank you for your interest in IFS Performance! Please follow this step-by-step process to register your information, purchase your membership, and book your assessment, & further appointments. Any questions can always be directed to info@impact-fss.com.

Step 1: Download our App

Note: If you are registering someone other than yourself, we recommend having the person who is going to be working out with us download the app on their phone/tablet so they can book directly.

- Visit your app store on your phone or tablet and search for “Impact Fitness Systems”
- Download to your device

Step 2: Register

- Upon opening the app, select the **menu** () icon to access the dropdown menu. Click “**Log In**” at the top of the menu to create an account.
 - *Note: If you are registering your child, please make sure the account is created **in the child's name**.*
- Verify your email prior to finishing account details.
- Return to the **menu** in the app and click your/your child's name at the top to complete profile.
- Select “**edit**” and fill out remaining information as well as acknowledge liability waiver at the bottom.

Step 3: Purchase

- Return to the **menu** & select “**Buy**” tab.
- Click “**IFS Performance**”
- Choose the appropriate payment option. All payments are run via an automatic monthly debit.
 - *Note: This autopay program is not tied to a contract and can be cancelled at any time within 7 days prior to the bill date.*

Step 4: Book Assessment

All performance clients will go through a movement assessment with Tom McCarthy prior to booking sessions & to get their programming.

- Return to the **menu** tab and select “**1-on-1 Sessions**” followed by “**Personal Training**”.
- Click “**PERFORMANCE MOVEMENT ASSESSMENT**” and choose the day/time you wish to have your assessment. Click “**Book**” to confirm.

Step 5: Reserve Sessions

Following the movement assessment, you are now able to reserve your session times to complete your workout.

- Return to the **menu** tab and select “**Personal Coaching & Classes**”.
- Select the day/time you wish to train. If that time is full, you will only see the option to “*Join the Waitlist*”. If it is available, you will be able to book.

Note: Please review our Covid-19 policies below. All clients must also complete our Covid-19 Questionnaire prior to each workout.

[ACCESS OUR COVID-19 POLICIES](#)

[COMPLETE OUR COVID-19 QUESTIONNAIRE](#)

We once again welcome you to the IFS program! We look forward to working with you and are available for any questions at info@impact-fss.com.