

How to Purchase and Book a Whole Body Vibration Plate Package

1. Log into your YMCA/Daxko account.
2. Go to **Programs** and navigate to **Whole Body Vibration Plate**.
3. Click **Register**.
4. Select the member who will be using the vibration plate reservation.
5. Choose the package you would like to purchase.
 - If this is the member's first time using the vibration plate, you must book a **30-Minute First Time Reservation** package.
6. After selecting your package, you will have the option to:
 - **Book your session(s) now**, or
 - **Book later**
7. If booking during checkout:
 - Select an available day and time.
 - Click **Book Appointment**.
8. If purchasing a package with multiple appointments:
 - You may book multiple sessions during checkout, or
 - Choose to book the remaining sessions later.
9. Review your pending appointments.
 - If everything looks correct, click **Proceed to Checkout**.
10. Select your billing method and complete payment for the package.

Managing Appointments

- To view, edit, or book unused sessions, go to **Appointments** within your account.
- Appointments may be canceled up to **24 hours before** the scheduled start time.
- You will receive a reminder email approximately **24 hours before** your scheduled appointment.