You can purchase the women’s small group training online (instructions below), by calling 608.351.3049 or emailing office@mydynamicphysio.com. Our front office staff will get an account set up and purchase the strength package for you.

* Purchasing a women’s small group training online:
  + Log into your PT Everywhere account: If you have been seen with Dynamic Performance and Therapy, [click here](https://pteverywhere.com/PtE/s/dynamic). If you haven’t, please create an account [here](https://pteverywhere.com/PtE/s/dynamic/register).
  + Once you are logged into PTE:
    - Choose the Payments from the home screen
    - On the top of the page --> Click Packages and Memberships
    - Click +Add Package
    - Choose the 1x/week or 2x/week
    - Click Buy in the upper right hand corner
    - Confirm Pay Now in the upper right hand corner and choose payment option

After your package is purchased, you may begin to schedule your classes.

* Choose Schedule on the home screen
* Select Schedule an Appointment/Class
* Scroll all the way to the bottom and choose Women’s Small Group Training
* Select your desired date starting the week of April 19th and choose your class.
* Continue until the week of May 27th selecting your one or two classes per week.
* This allows you to switch class times week to week as needed.
* Please sign up for all classes at once if possible for best availability.