

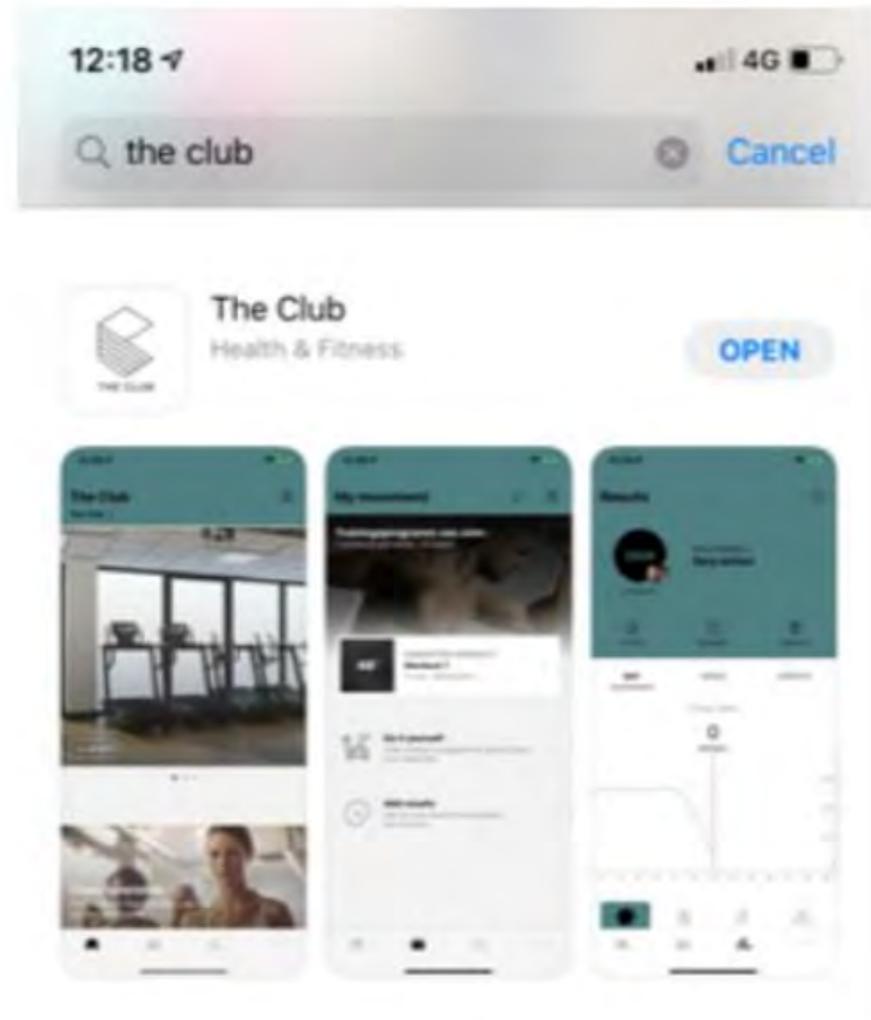


THE CLUB
FITNESS & WELLBEING

Free Streamed Services



Download the App at www.theclubwellness.com





If logging in for the first time – **create mywellness account** – answer a few questions – **Note once joined the App booking of sessions will be made available to you within 24 hours.

The Club App will be found via a link on the App store or Google Play.

Contents

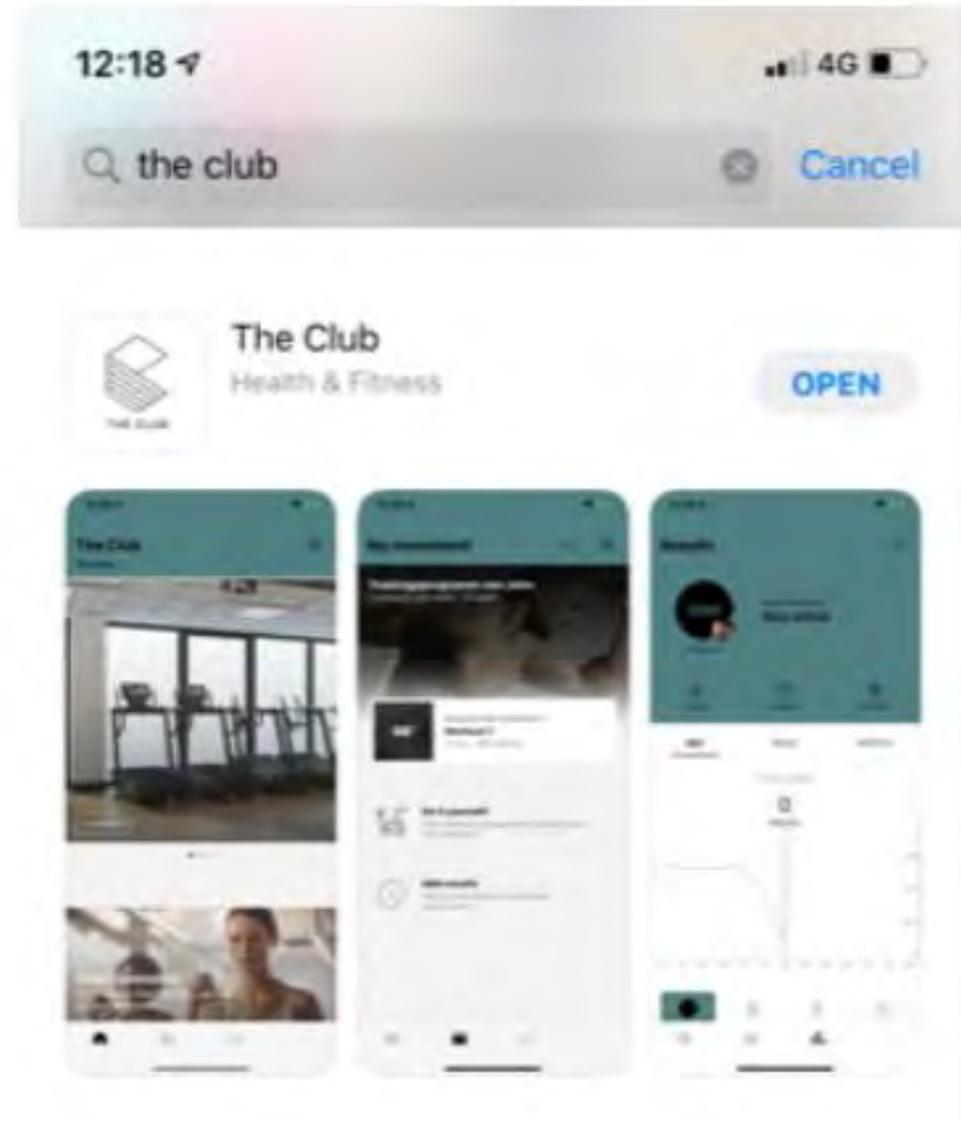
Introduction

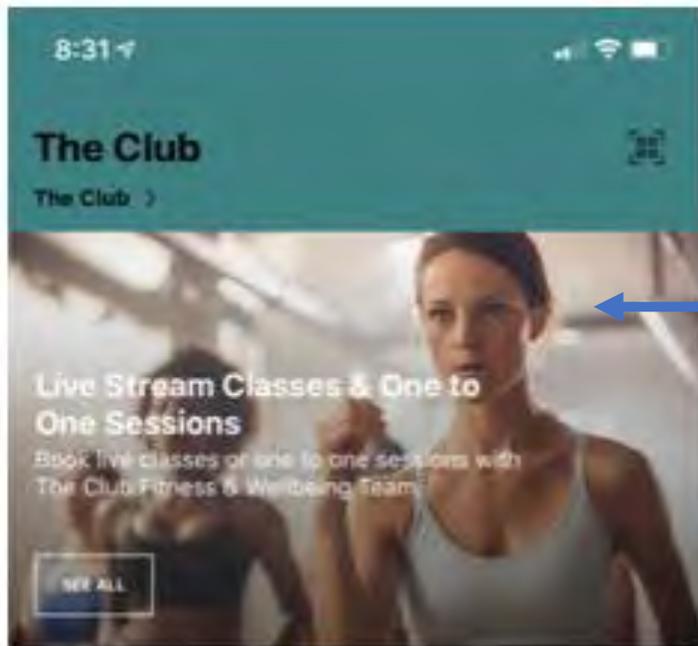
Section 1 - Live classes and one to one sessions

Section 2 - On demand classes

Section 3 - Tailored programs

Section 4 - Navigation

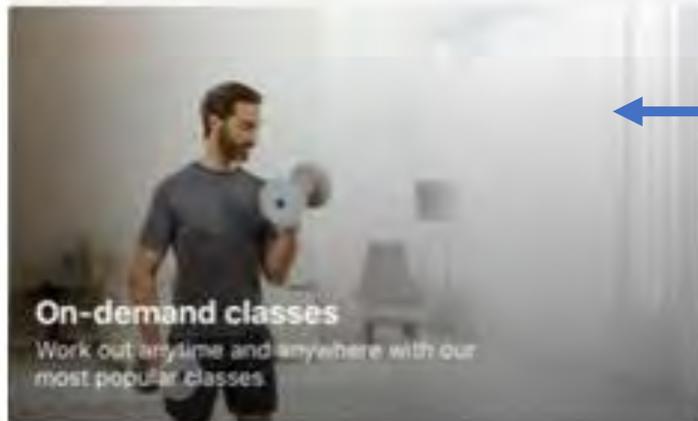




Main two functions (tiles) on the home page are

Live Stream classes & one to one sessions (everything will be bookable from this)

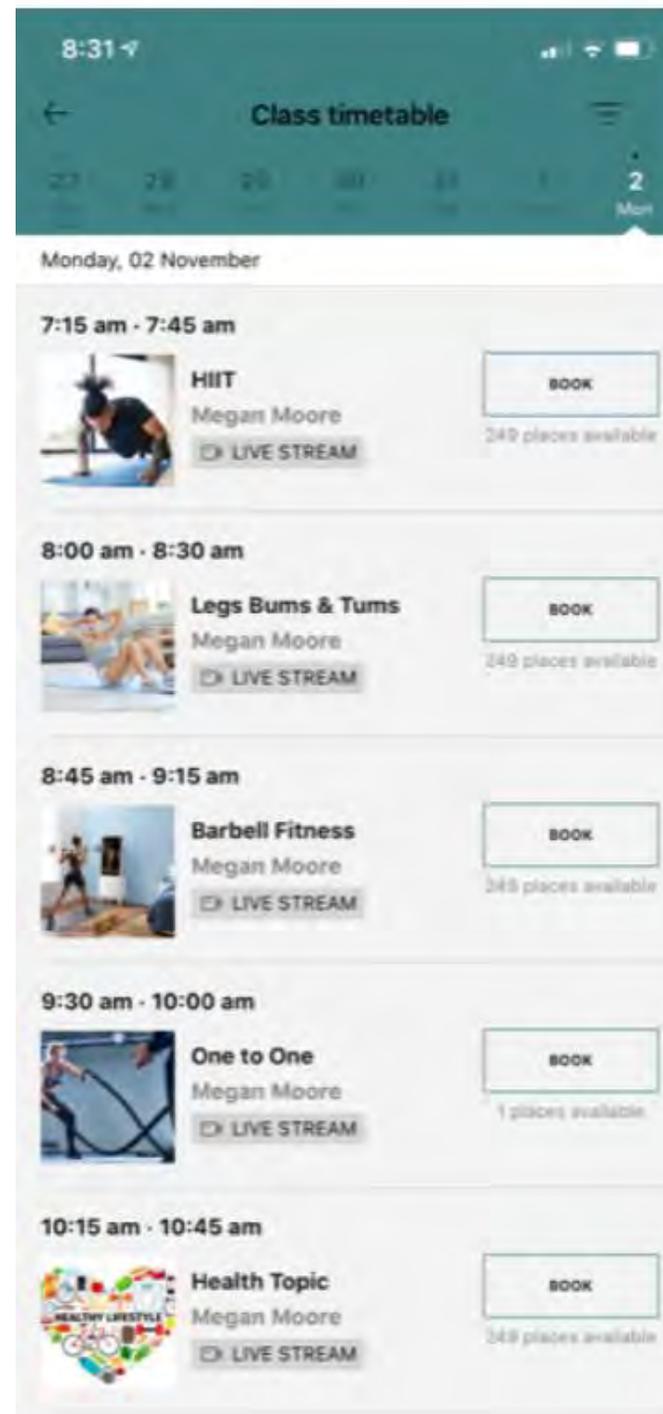
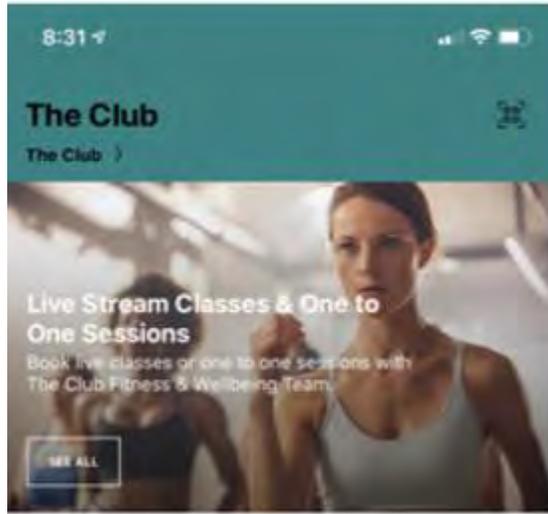
Sessions are available from 7am – 7pm Monday to Friday
(copy of the timetable will be displayed below these two sections)



On Demand classes – available at all times

On Demand classes can be filtered down by duration, by type, by ability to find the exact class that suits each individual.

1. LIVE CLASSES AND ONE TO ONE SESSIONS 7AM-7PM MONDAY - FRIDAY



Scroll to choose date required

Click on for information on class

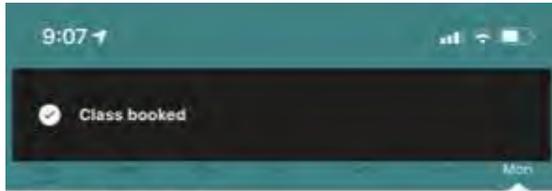


Press to book

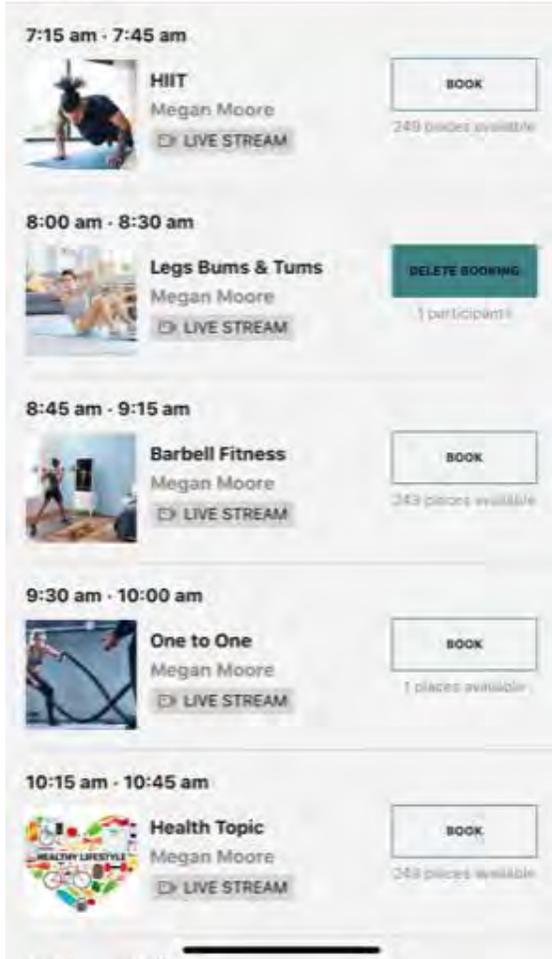


Will tell you who is taking the class and how many spaces available

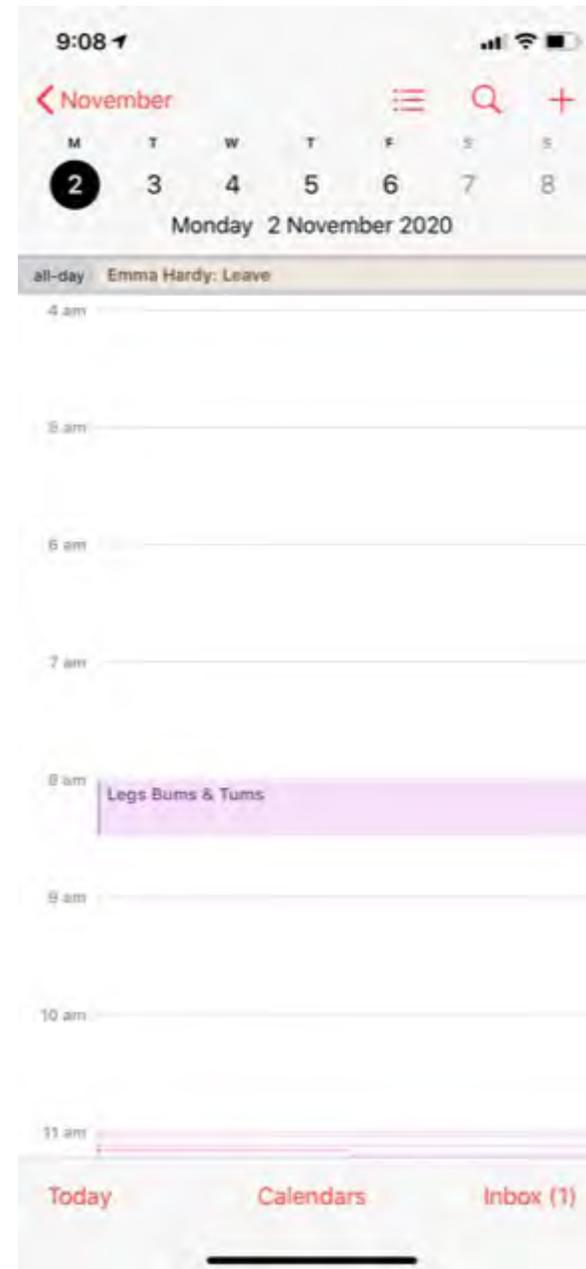
1. LIVE CLASSES AND ONE TO ONE SESSIONS 7AM-7PM MONDAY - FRIDAY



← Confirms class booked



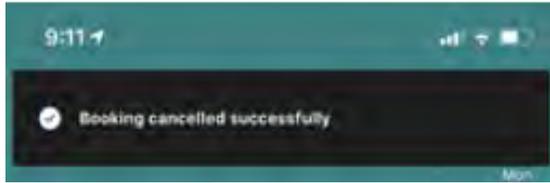
← Will tell you here how many people are booked onto the class



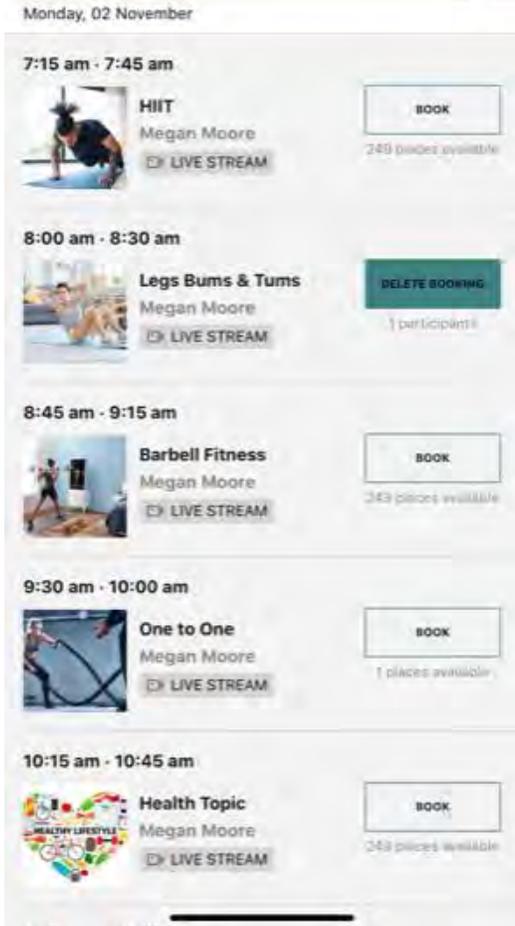
← Will automatically save to your calendar (must allow in settings to make this function happen)

1. LIVE CLASSES AND ONE TO ONE SESSIONS

7AM-7PM MONDAY - FRIDAY



Confirms cancelled booking



Simply click to cancel booking

1. LIVE CLASSES AND ONE TO ONE SESSIONS 7AM-7PM MONDAY - FRIDAY

Notification of session booked for that day

From: The Club <noreply@mywellness.com>

Sent: 02 November 2020 09:15

Subject: Health Topic booked for Monday, November 2, 2020 at 10:15 AM



Dear mark,

You have a new class booked

Class Health Topic

On Monday, November 2, 2020
from 10:15 AM to 10:45 AM

With Moore Megan

Station Free

Notes

booked by mark castle

Thanks,
The Club

Hour prior to booking reminder

From: The Club <noreply@mywellness.com>

Sent: 02 November 2020 09:15

Subject: Reminder for your Health Topic class for Monday, November 2, 2020 at 10:15 AM



Dear mark,

Reminder for your class

Class Health Topic

On Monday, November 2, 2020
from 10:15 AM to 10:45 AM

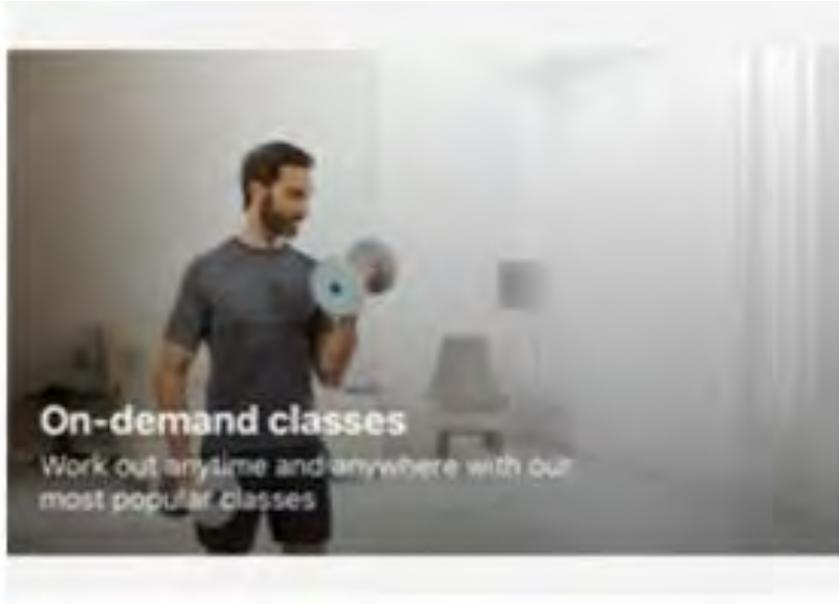
With Moore Megan

Station Free

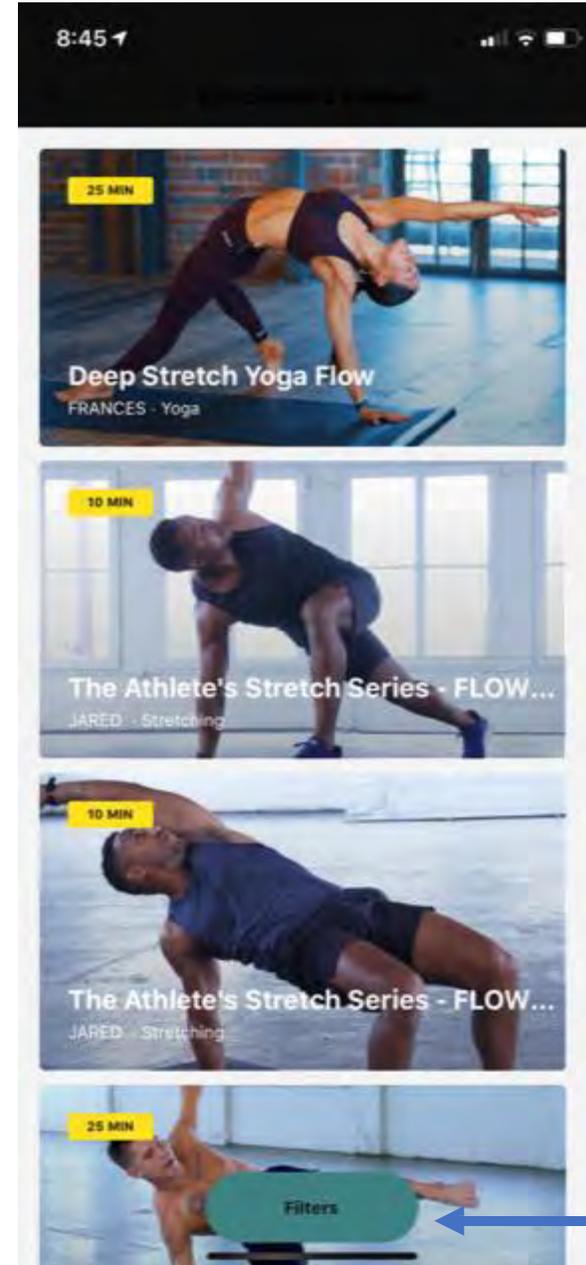
Notes

Thanks,
The Club

2. TG ON DEMAND CLASSES TILE AVAILABLE AT ALL TIMES

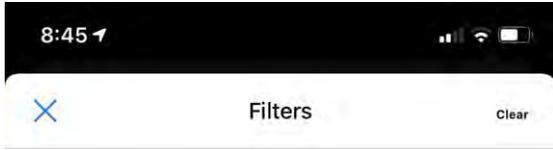


On demand tile (press here for full list of 100 on demand TG classes recorded by TG Master Trainers. Available for use at anytime



Filter will enable you to choose type, duration and ability level to suit each users requirements

2. TG ON DEMAND CLASSES TILE AVAILABLE AT ALL TIMES



WORKOUT DURATION

10 min 20 min 30 min 40 min

15 min 25 min 35 min 45 min

OTHER FILTER

Categories —

Level —

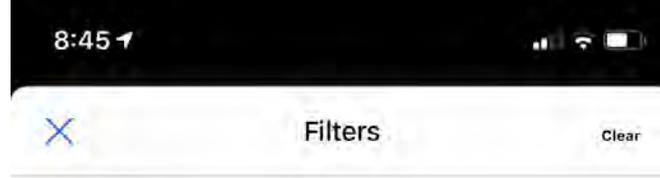
Language —

Trainer —

Music —

Accessories —

SHOW



OTHER FILTER

Circuit Training

Cool down

Cycling

Dance

Elliptical

Functional

Gymnastics

Kids

Martial Arts

Maternity

Metcon

Pilates ✓

Rowing

Running

Senior

SHOW

Stretching



Pilates 101 Workout

20 MIN Pilates

Beginner

Soul

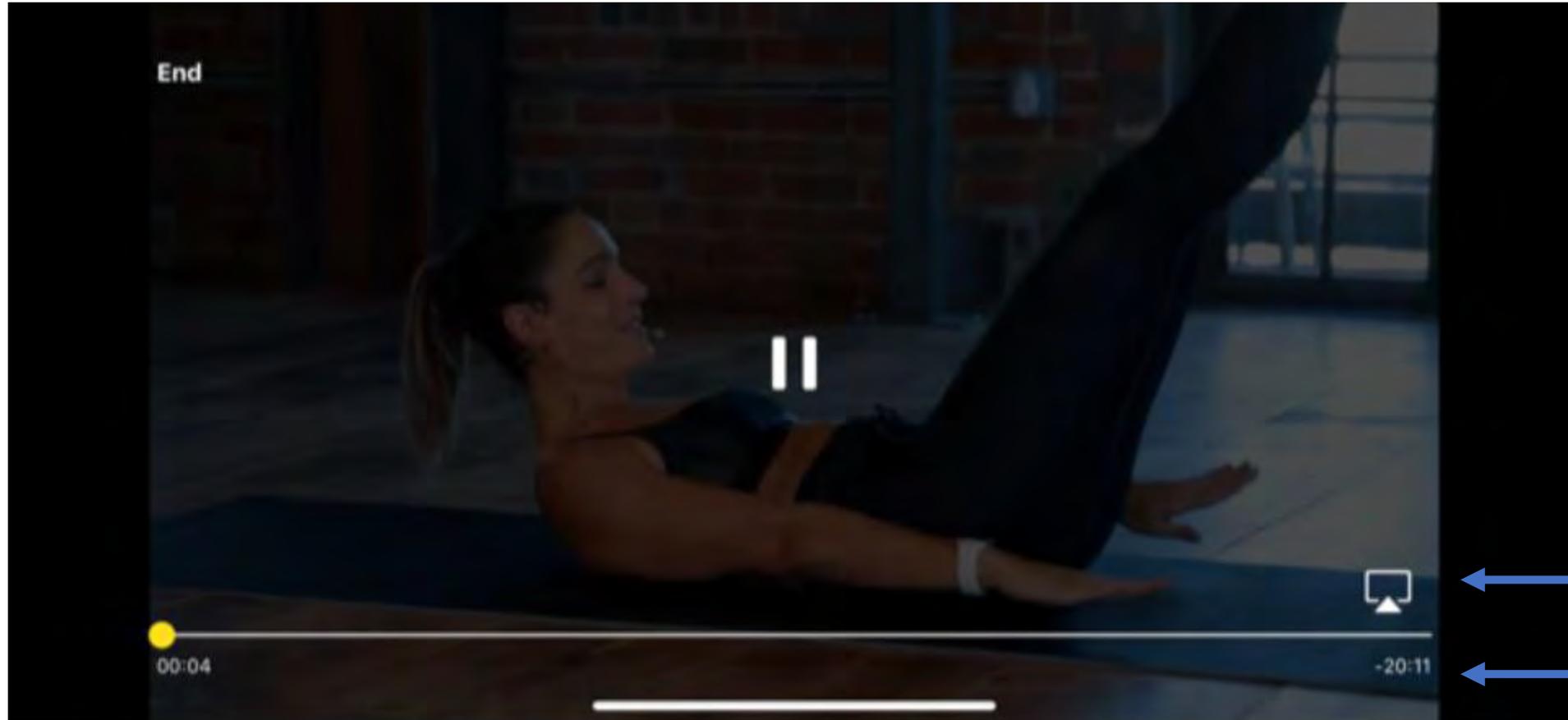
Descrizione

Jeni Del Pozo guides you through a Pilates 101 session that's designed to get you moving while building a solid foundation that starts with your core.

START

Click to start workout

**2. TG ON DEMAND CLASSES TILE
AVAILABLE AT ALL TIMES**

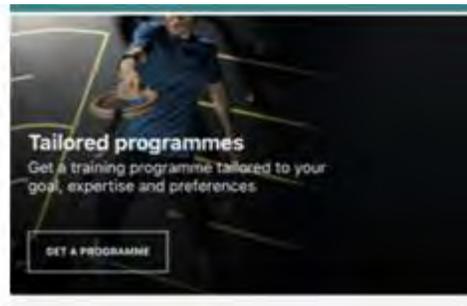


Click to
stream on
smart
device
TV/iPad



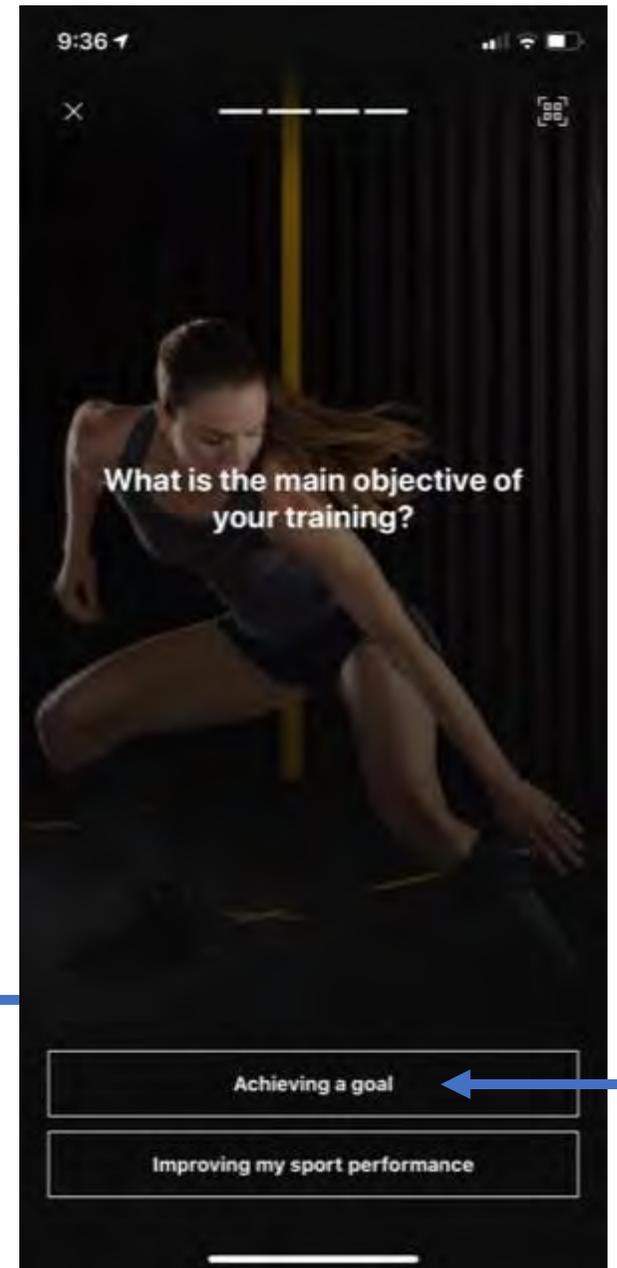
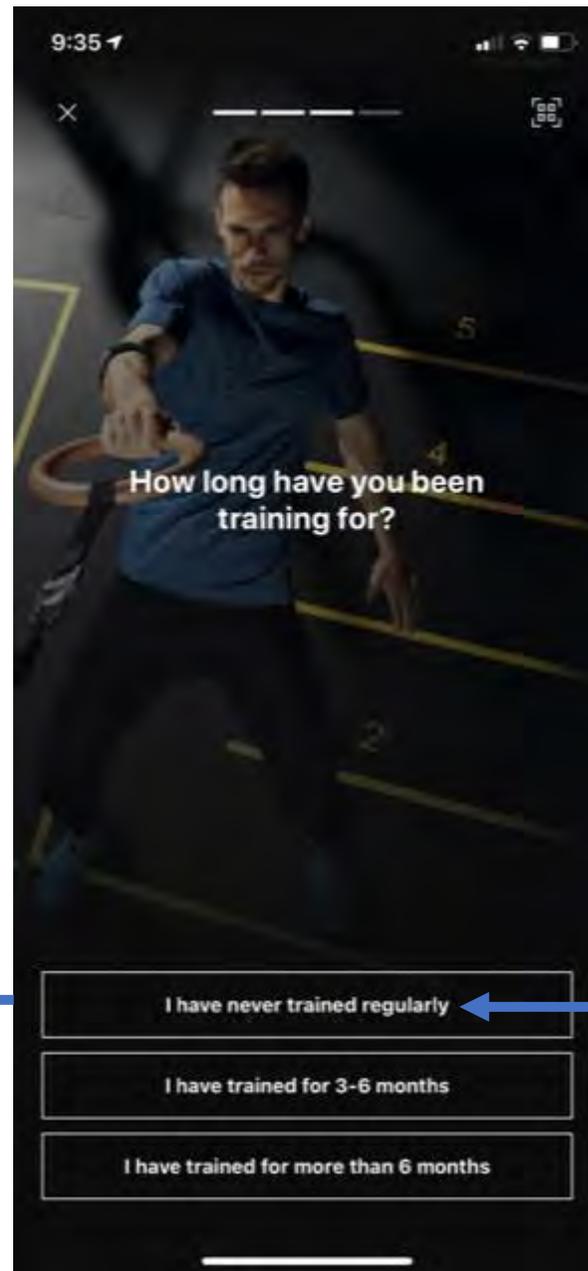
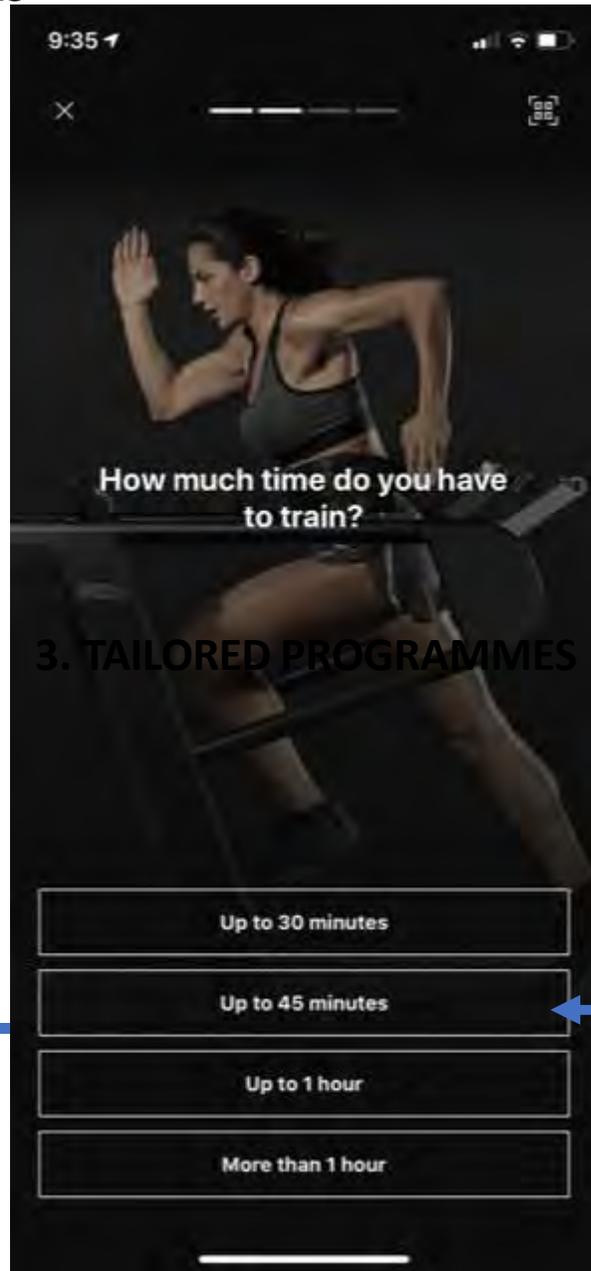
Duration
remaining

3. TAILORED PROGRAMMES

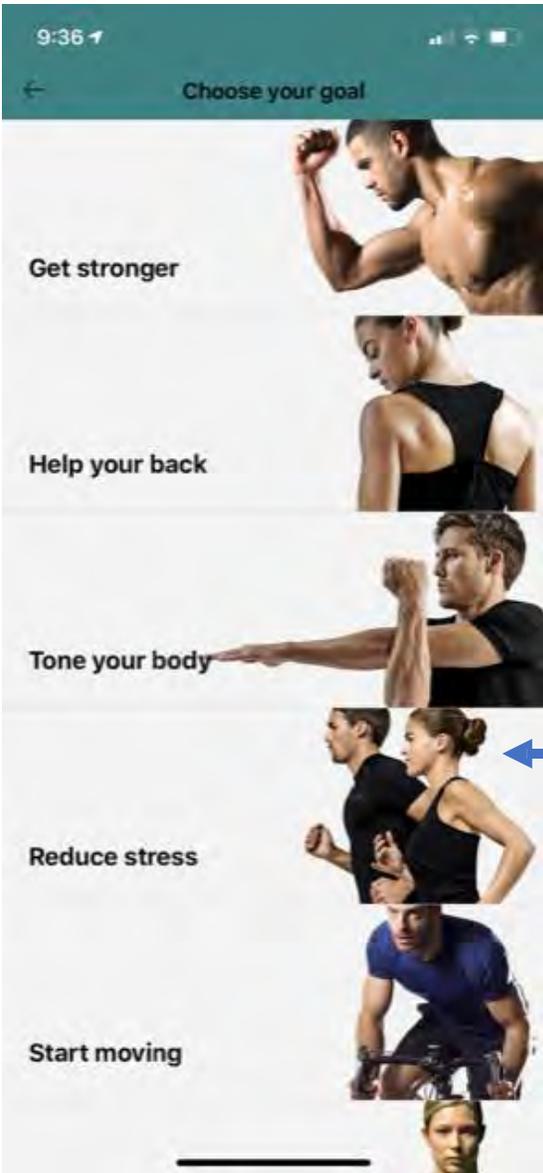


Another tile on the home page of the App is Tailored programmes. Whilst we will be encouraging people to have more of a one to one session to create a programme specific to each person's needs and to create the interaction with the trainer – there is still the function to have a tailored programme from a filtered list

3. TAILORED PROGRAMMES



3. TAILORED PROGRAMMES



Choose goal



DESCRIPTION

Does your everyday life leave you feeling stressed, tense and fatigued? Have your energy levels dropped? The benefits of a regular fitness routine are tangible. Let it b...

[More info](#)



Stress Free - FUN

Reduce stress · 1 workout
from 1 to 2 per week · 45 min



Stress Free - POWER/SPORT

Reduce stress · 1 workout
from 1 to 2 per week · 44 min



Stress Free - BALANCE

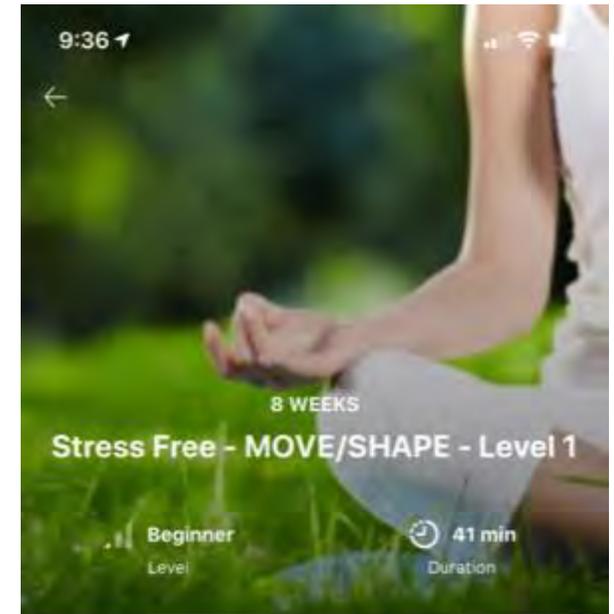
Reduce stress · 1 workout
from 1 to 2 per week · 43 min



Stress Free - MOVE/SHAPE

Reduce stress · 1 workout
from 1 to 2 per week · 42 min

Choose Programme



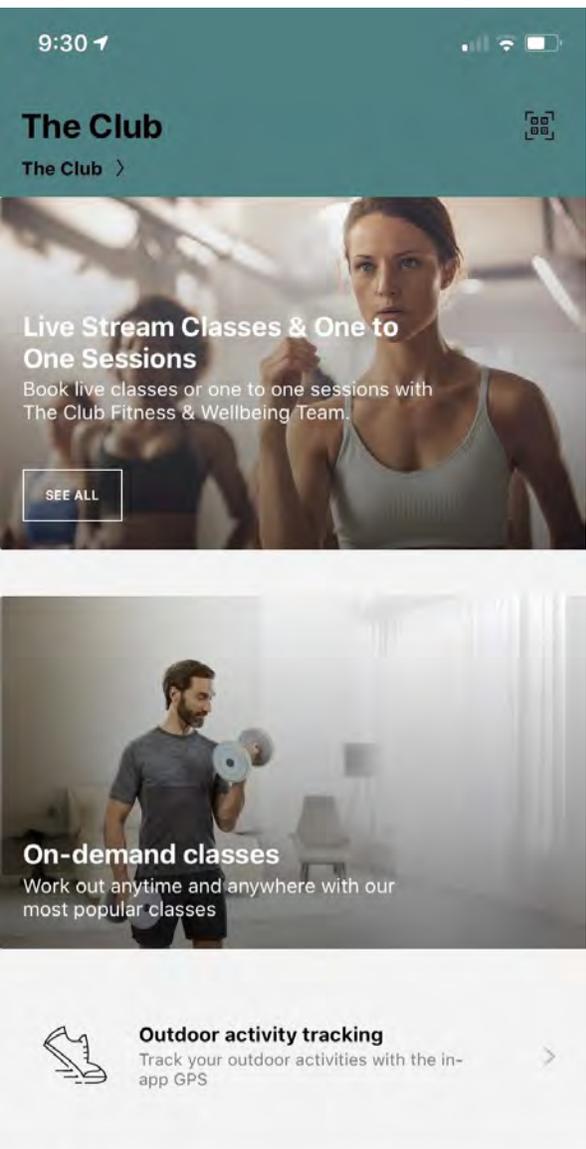
Get this programme added to your movements page

41 min

Workout 1
10 exe - 311 MOVES

Get this training programme

4. NAVIGATION - HOME SCREEN

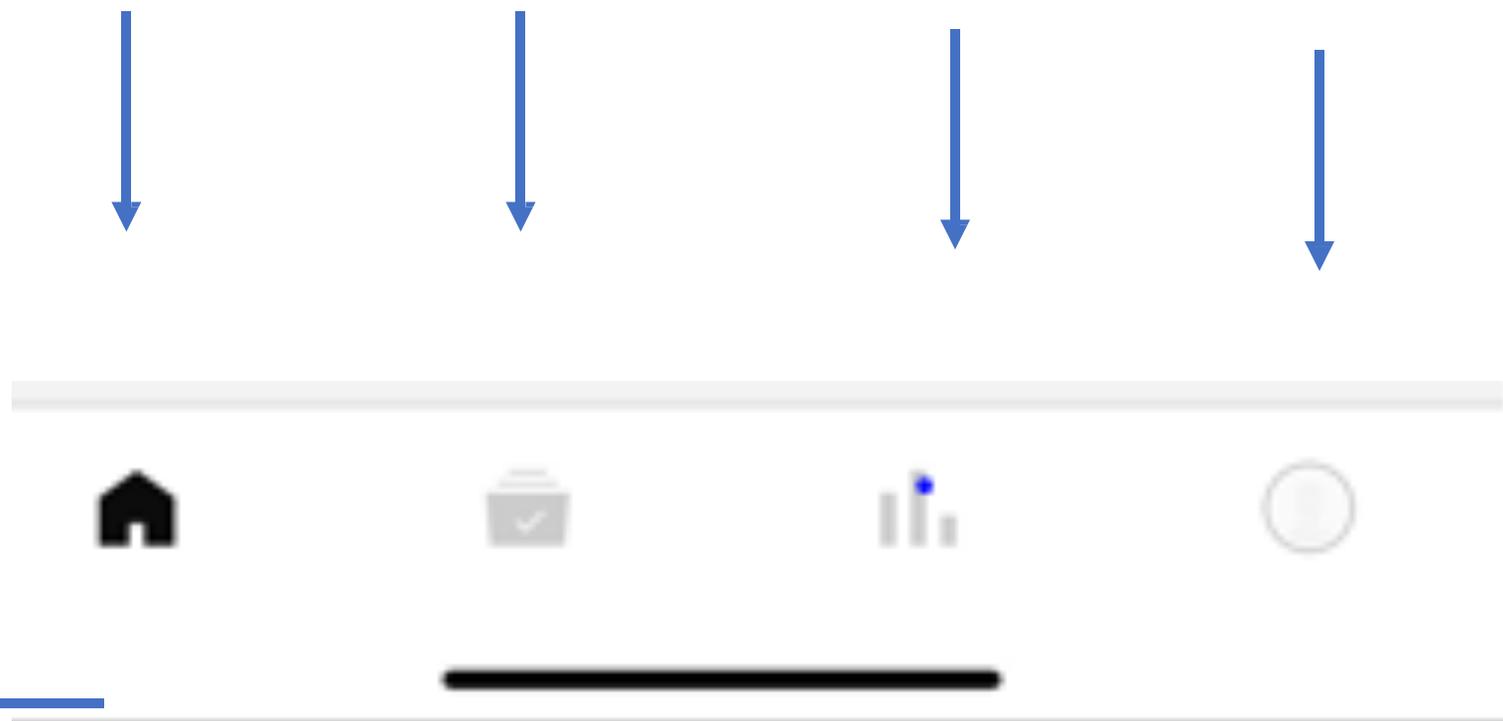


My Movements is where you find anything you have signed up for, workouts suggested for you, upcoming classes booked, any challenges signed up for and to manually add any of your own results

Returns you to home screen

Your results

Your settings



4. NAVIGATION - MY MOVEMENTS

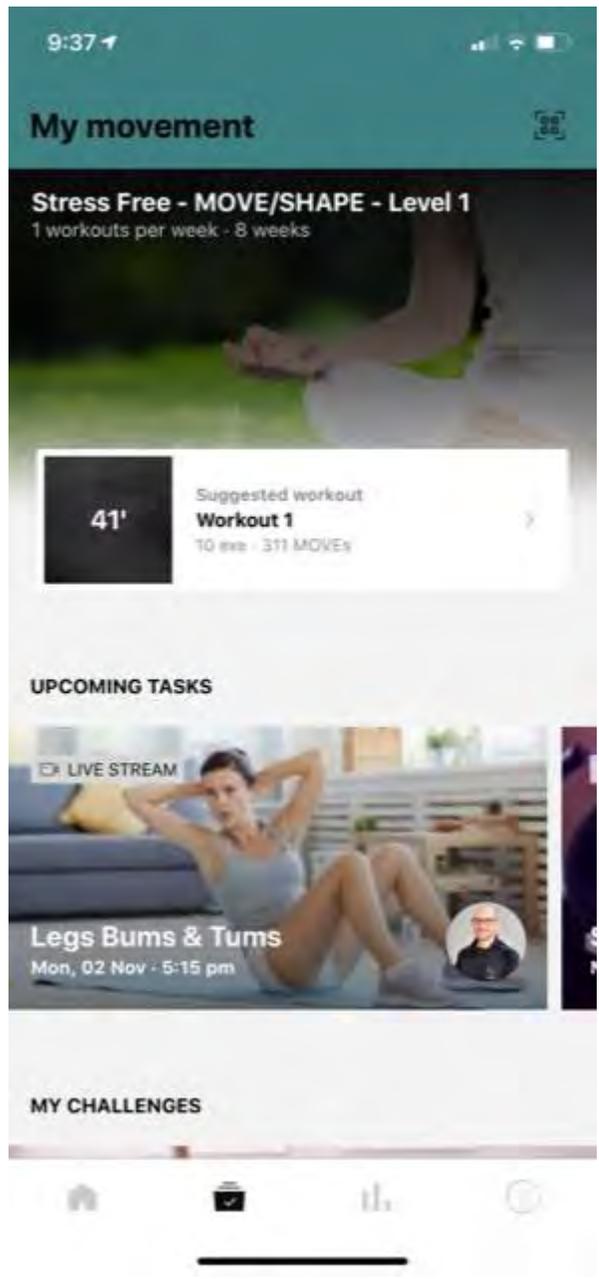


Any tailored programmes you have chosen will be presented here



PLEASE NOTE: you will need to join a session at least 2 minutes prior to start time, once a sessions starts you will be unable to join.

Any sessions booked will show here – scroll across to see all booking



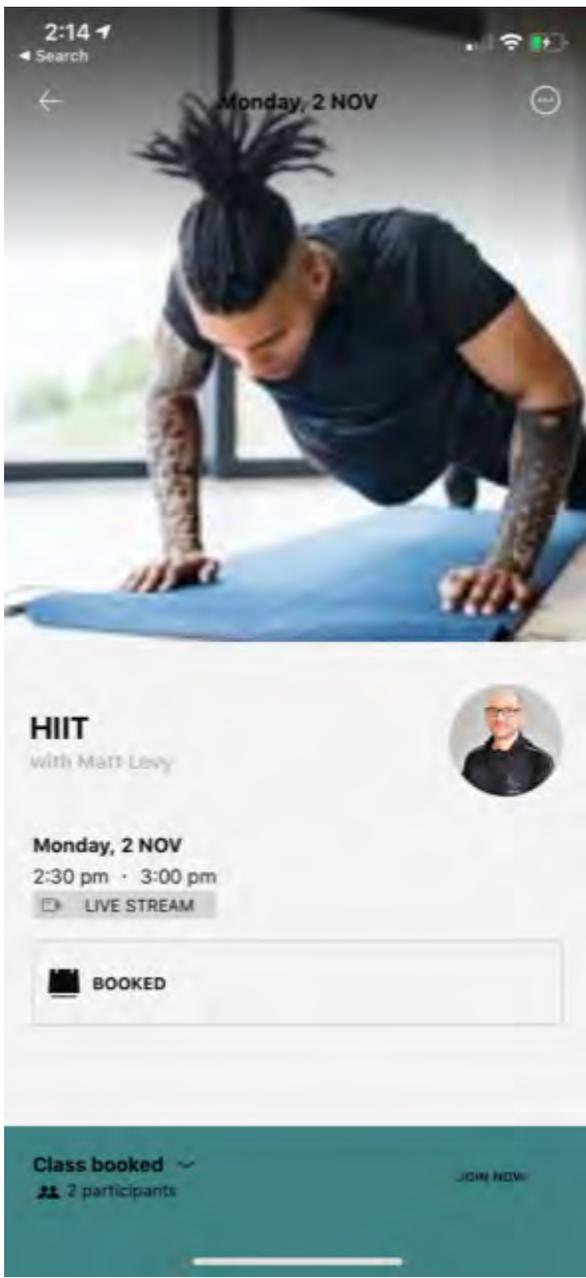
4. NAVIGATION - MY MOVEMENTS



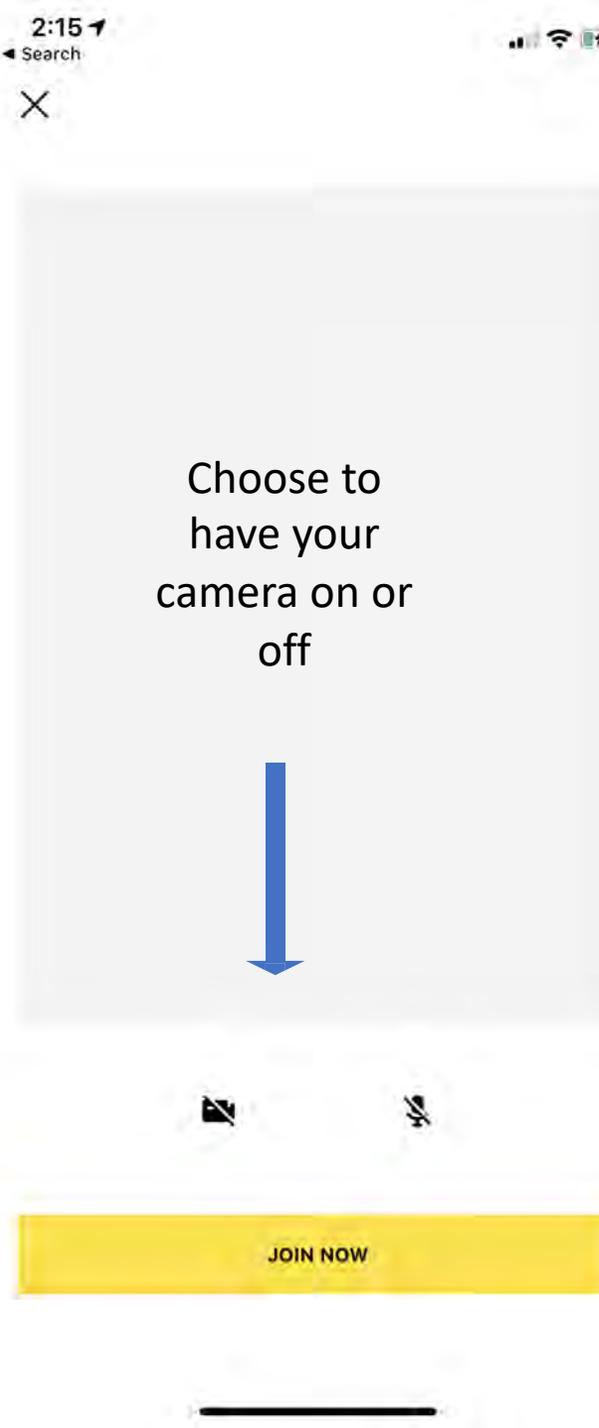
To join a live streamed booked session

PLEASE NOTE: you will need to join a session at least 2 minutes prior to start time, once a sessions starts you will be unable to join.

Click **JOIN NOW**



Click **JOIN NOW**



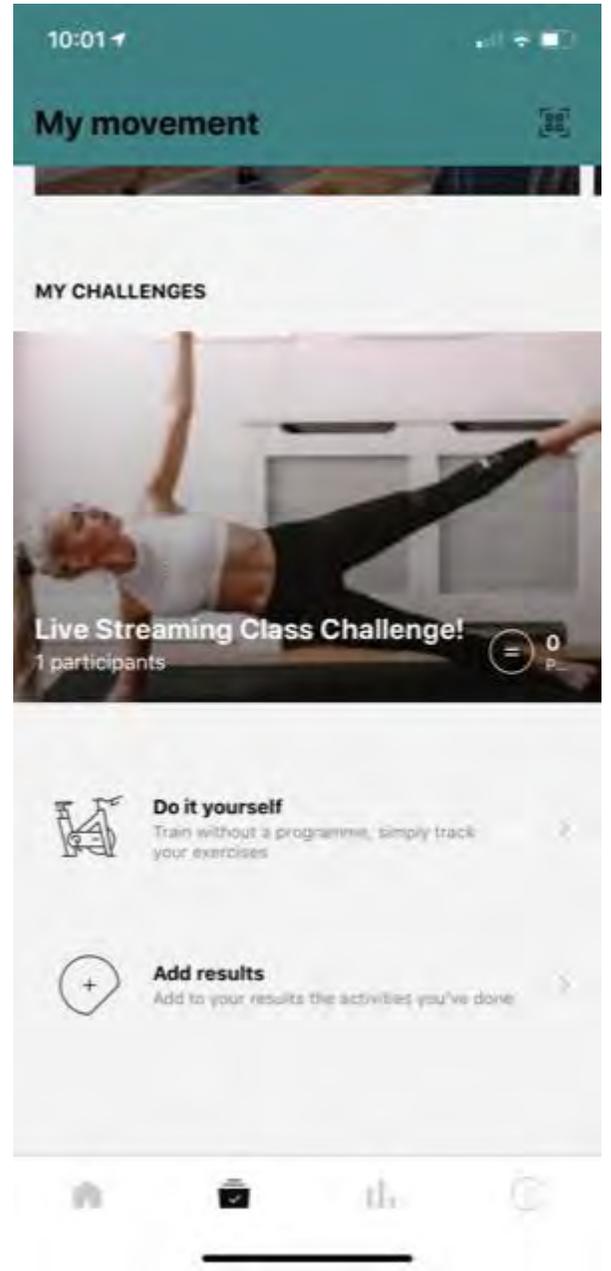
4. NAVIGATION - MY MOVEMENTS



Any challenges you have chosen to take part in appear here (challenges are presented on the home page when live – for you to sign up too)



Manually add any results here if you wish



4. NAVIGATION - RESULTS



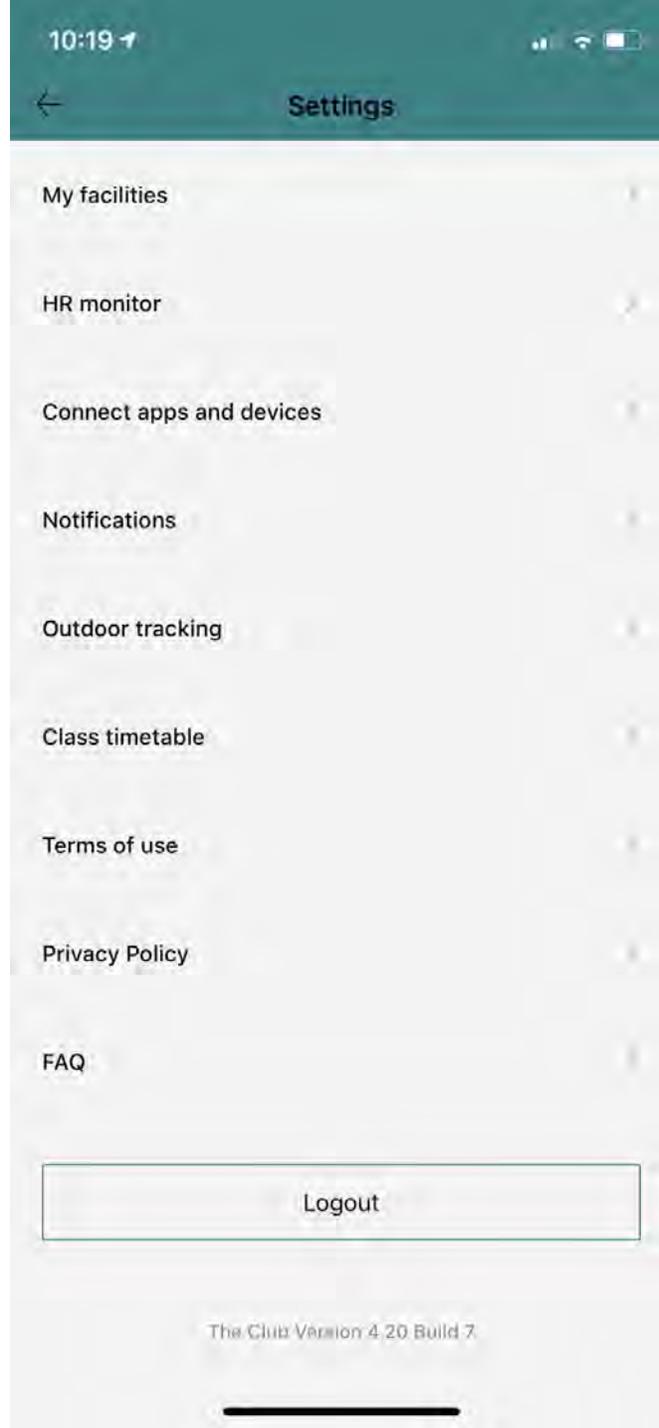
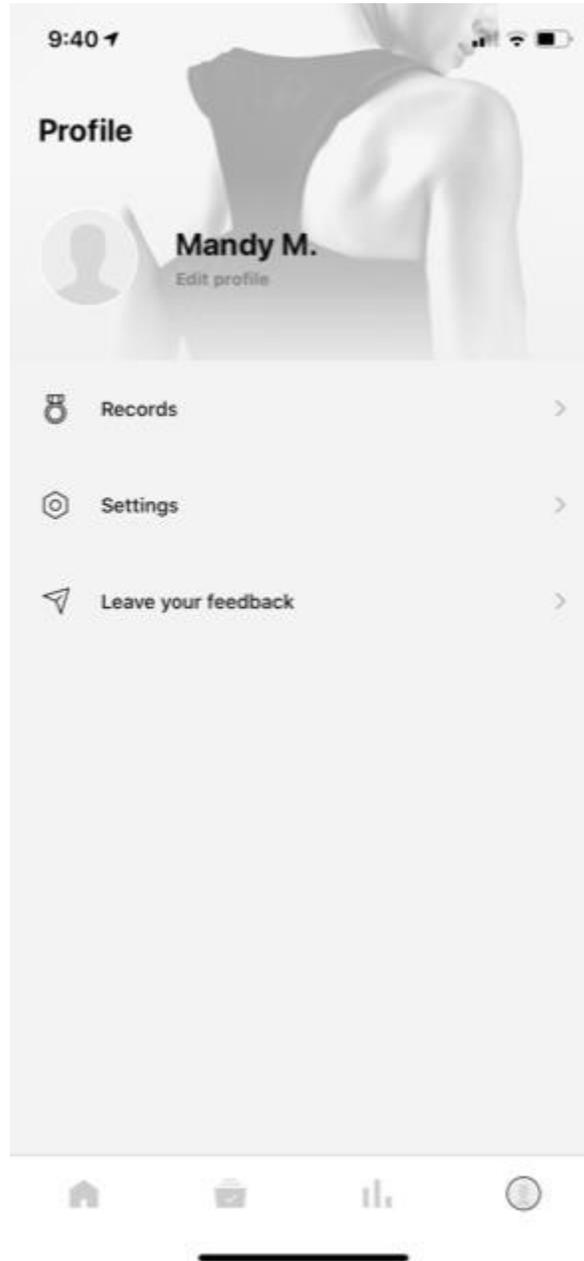
MONITOR YOUR RESULTS BY DAY WEEK OR MONTH



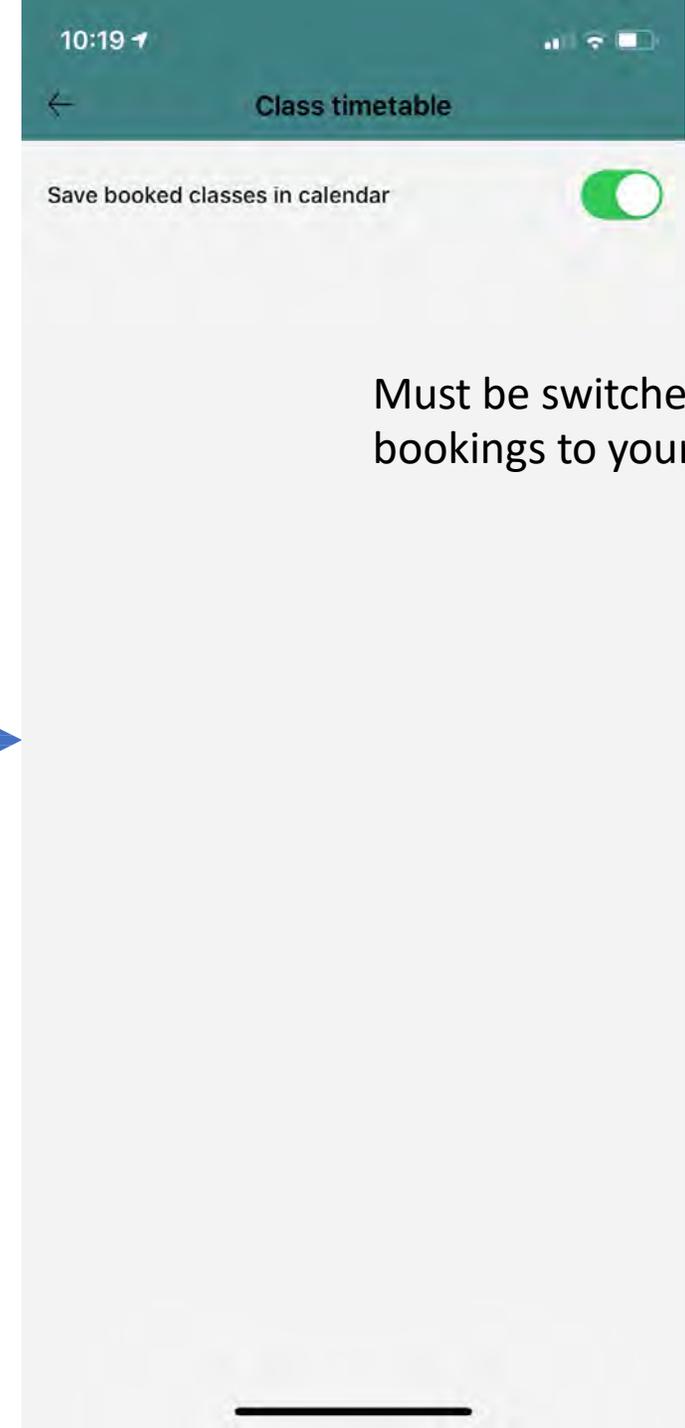
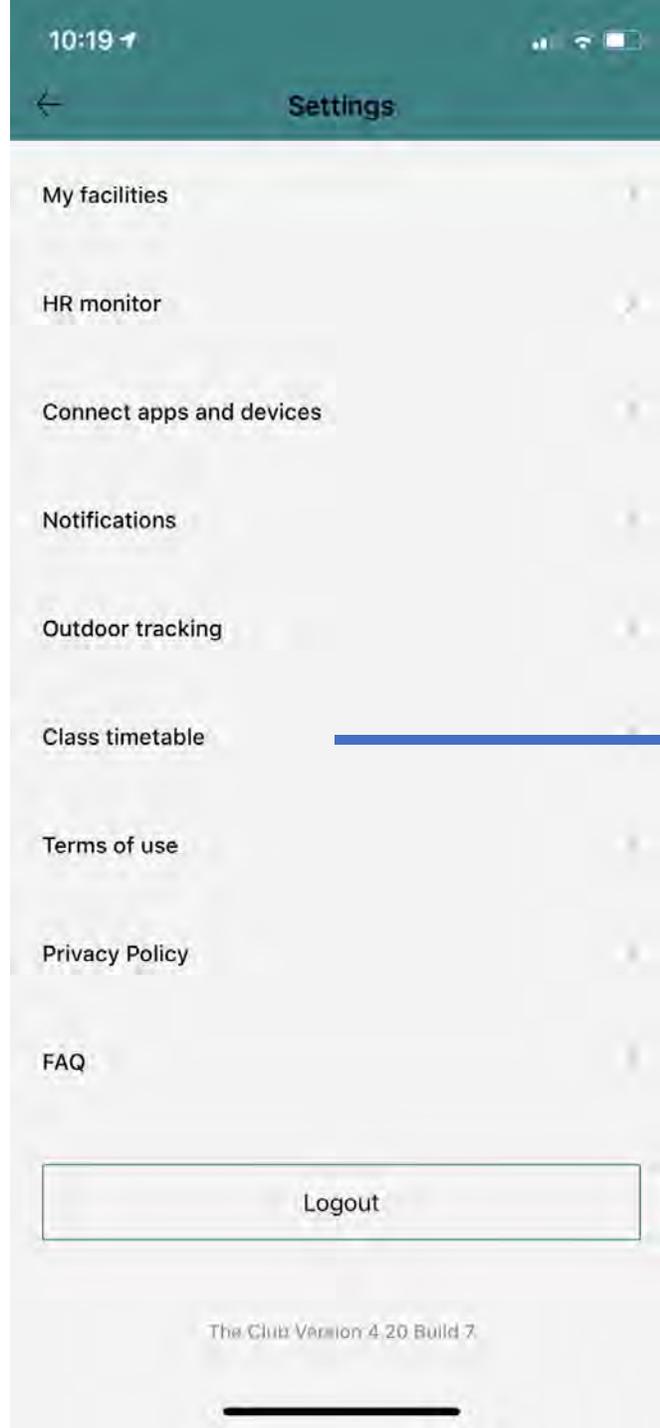
VIEW BY MOVES, CALORIES, KM'S



4. NAVIGATION - PROFILE

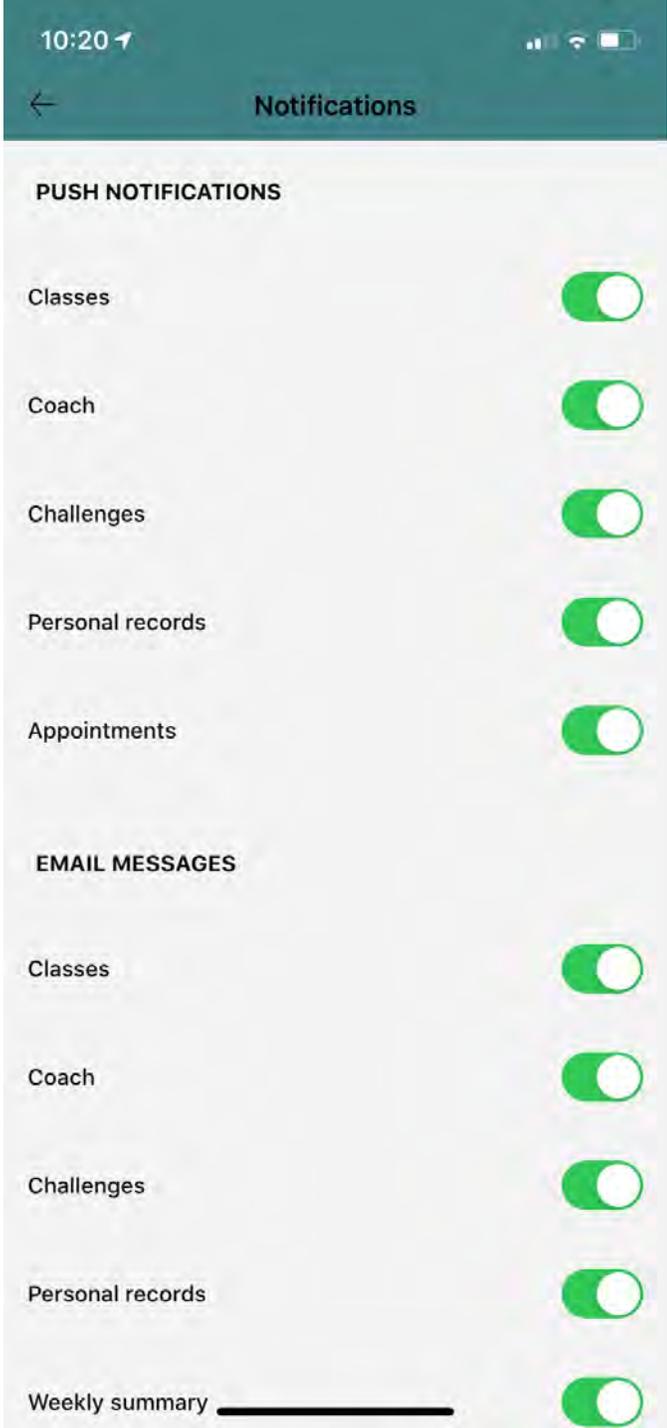
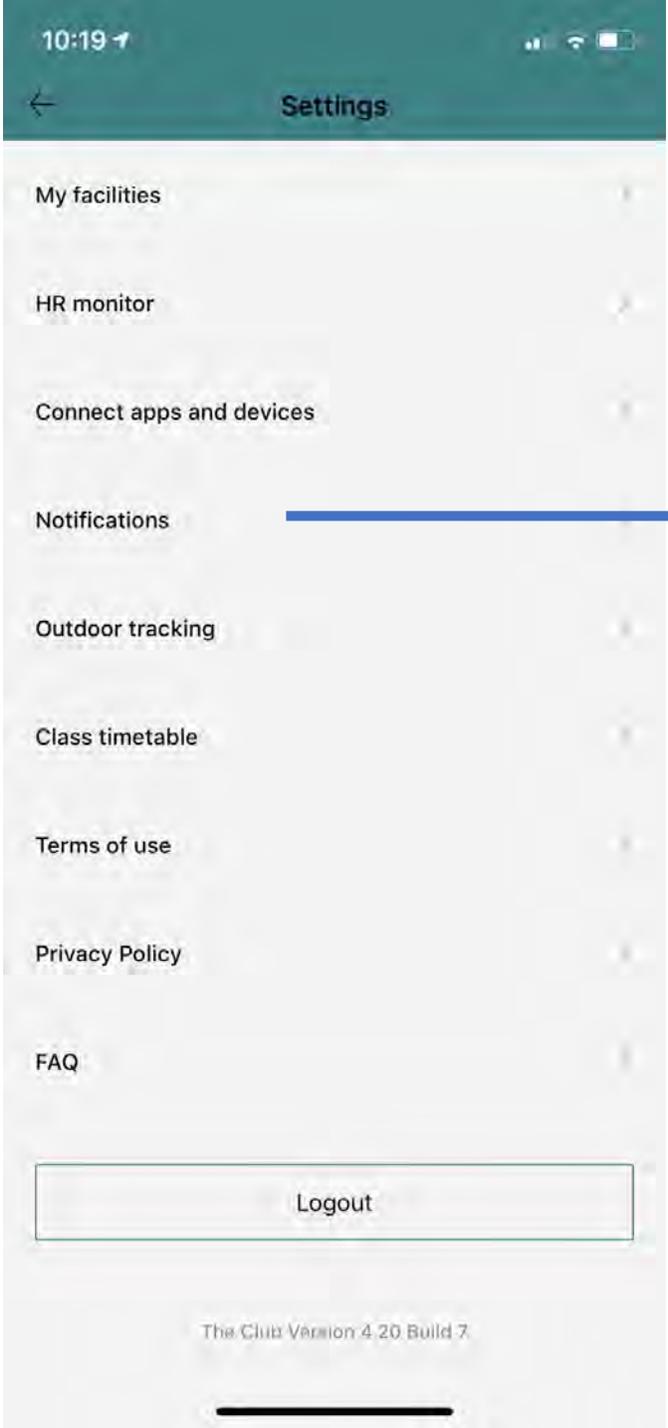


4. NAVIGATION - PROFILE



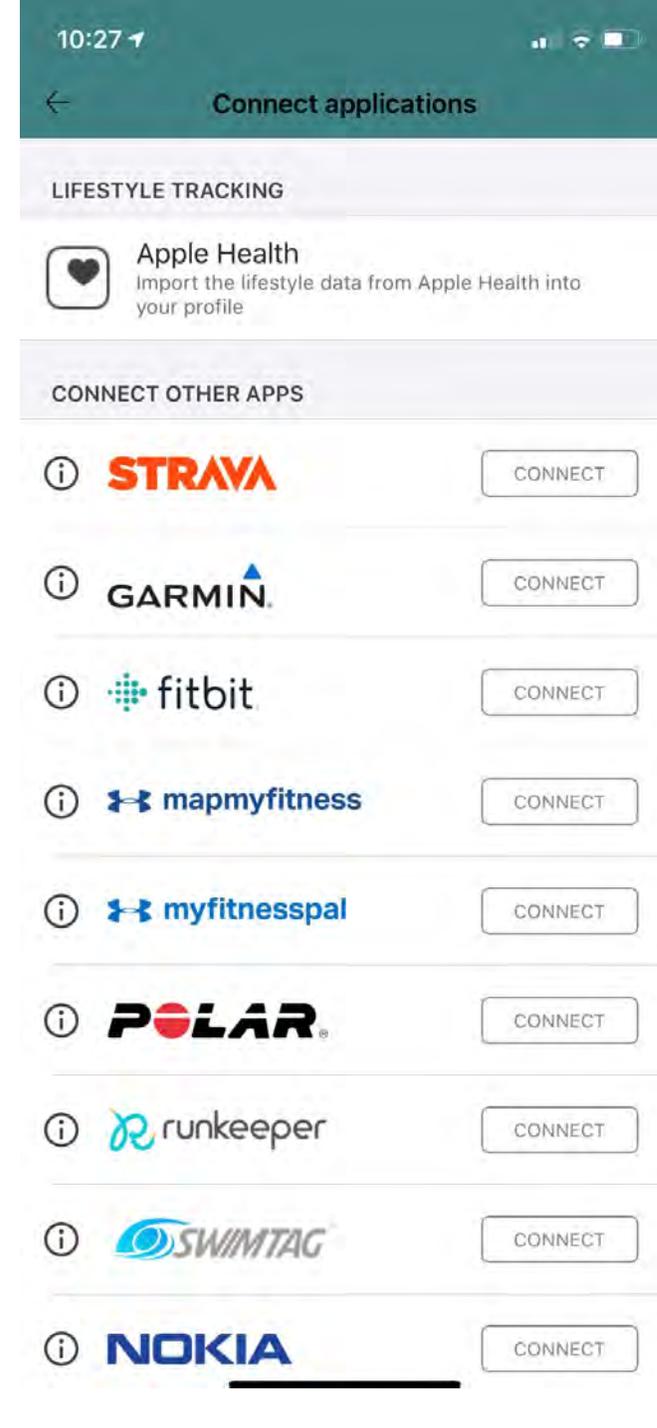
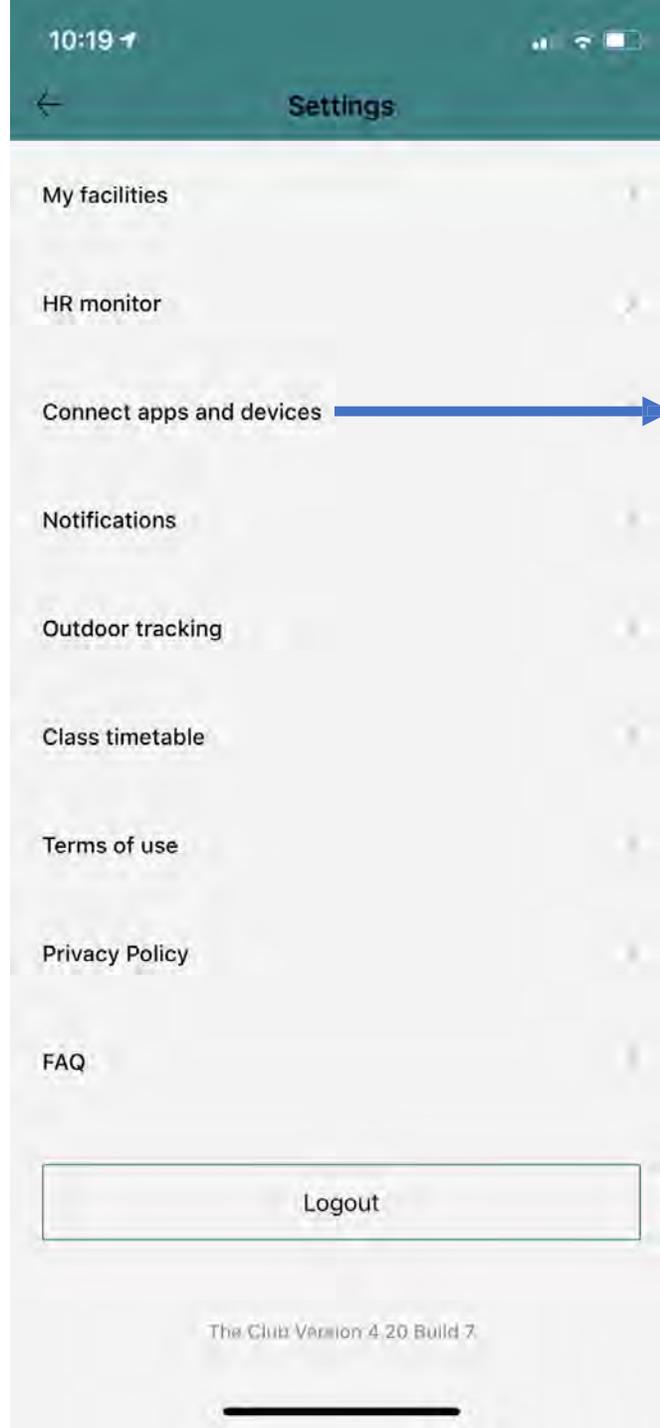
Must be switched on to add bookings to your calendar

4. NAVIGATION - PROFILE

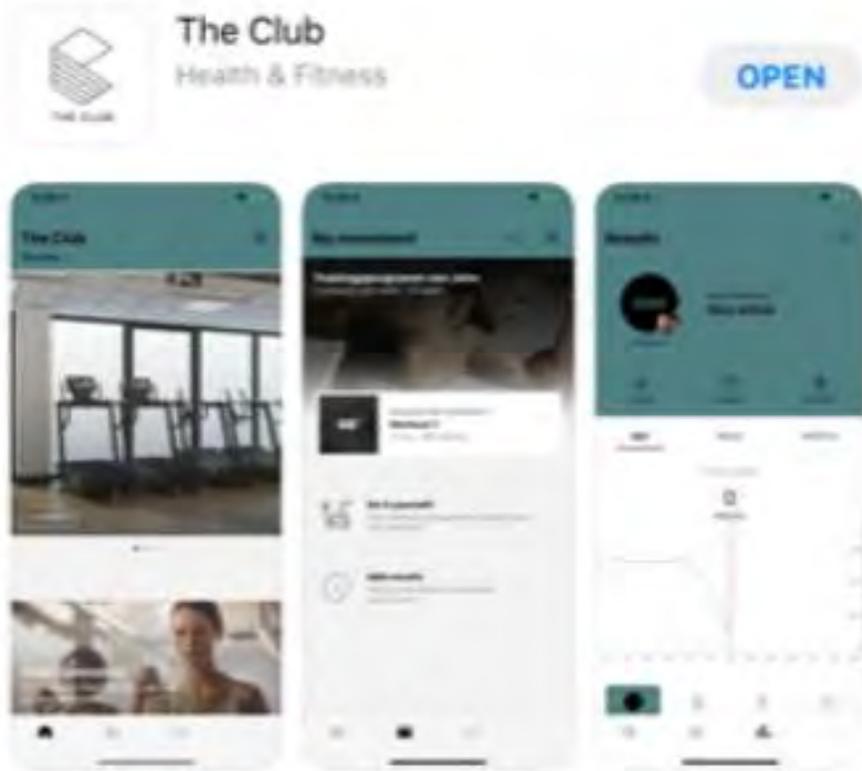


Switch on which notifications you wish to receive

4. NAVIGATION - PROFILE



Connect your wearables to the App to record all activity



For any additional information on The App please contact

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07810 128080

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07890 797948

27th October 2020