

# HOW TO BOOK A SESSION WITH A COACH VIA THE APP

## DOWNLOAD OUR MEMBER APP



- Search for "Glofox" in your app store
- Download the app, open it up and search for "Setanta Fitness"
- Existing Members log in requesting new password and New Members register

## HOW DO I BOOK A COACH?

- Tap the "Timetable" button and select "Trainers"
- Select date and choose a Trainer and time slot to view more detail including the price for a single session
- Click "Book appointment" if you want to go ahead

## I'D LIKE TO GET A MEMBERSHIP



- Click on the "Memberships" button on the app
- Check out our various "Personal Training" Membership packages available

## HOW MUCH DOES IT COST TO HAVE A SESSION WITH A COACH?

Prices vary depending on the Trainer:

- Standard PT single session is £25 for a 60 minute slot/£200 for 10 x 60 minute slots.
- Senior PT single session is £30 for one session/£250 for 10 sessions
- S&C Coach is £40/£350 for 10 sessions

You can either purchase a Personal Training membership or you can "pay as you go" - all via the app. You will see the relevant price appearing when booking your slot

## HOW CAN I PURCHASE MY MEMBERSHIP?

- Single Payment - pay by card to purchase one membership package - package options include 1 session or 10 sessions with a Coach. You will be allocated a credit for each session you purchase and these are valid for 6 months e.g. 10 sessions = 10 credits
- Choose from Personal Training, Senior Personal Training or Strength & Conditioning packages

## SCAN YOUR BARCODE



You need to scan your barcode every time you use the gym - tap on the miniature barcode at the bottom of the "Timetable" page to enlarge it for scanning

## MANAGE YOUR BOOKING



Select "Bookings":

- view and amend your upcoming booking(s)
- view your previous bookings

## OTHER USEFUL FEATURES OF THE APP

### "COMMUNITY" BUTTON

- Keep up to date with news from Setanta Fitness
- Advice/Workout ideas
- Access to recipes

### "STORE" BUTTON

- Purchase supplements (collect in the gym)

## MANAGE YOUR PROFILE

TAP ON YOUR PROFILE PIC IN TOP LEFT HAND CORNER OF SCREEN:

- View your current membership details including expiry date
- Check how many credits you have remaining
- Add new credit card/direct debit details
- Check your payment history
- Amend your personal details including marketing opt-in
- Read notifications from Setanta
- Opening hours and contact details for Setanta Fitness

