

# HOW TO PURCHASE A TRAINING PROGRAMME VIA OUR 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

## WHERE CAN I VIEW THE OPTIONS FOR A TRAINING PROGRAMME?

Click on the "Memberships" button and select "Training Programmes" to view the option for a month's training programme which includes App, Coach & Track



## HOW CAN I PURCHASE MY TRAINING PROGRAMME?

- Single Payment - pay by card to purchase a one month's training programme
- You will be allocated 1 credit for a 1 month programme



## MORE ABOUT YOUR PROGRAMME OPTION

App, Coach & Track is a 3 days per week training plan, online Coach support and tracking

## WHAT HAPPENS NEXT?

- Receive the training app link within 48 hours of signing up for membership
- Your assigned coach will be in touch to discuss your programme goals
- Your training programme will then be sent to you within 5 working days
- If you signed up for a Coach Support package you will have weekly check-ins with your Coach
- Keep on track (via in-app progress reports)

## WHAT MORE CAN I DO WITH MY APP?



### SCAN YOUR BARCODE

Tap the miniature barcode at the bottom of the "Timetable" page to enlarge it to allow you to scan it every time you use the gym

### BOOK CLASSES

Tap on "Timetable" and select "Classes" pic:

- select date to view classes that day
- select class to view description, price, start & finish time
- tap on "book" to secure your spot
- share a booking with a friend

### MANAGE YOUR BOOKING

Select "Bookings":

- view and amend your upcoming booking(s)
- check if you are on the waiting list for a class
- view your previous bookings

### BOOK A TRAINER

Tap on "Timetable" and select "Trainer" pic:

- select date to view available Trainers that day
- select time to view Trainer's details and price
- tap on "book" to secure your spot
- share a booking with a friend



### OTHER USEFUL FEATURES

#### "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