Booking Group Fitness Classes

MyWellness (Create Account)

1. Download the <u>MyWellness</u> app

2. Click Create MyWellness Account
3. Enter in your details (name, surname, email, password, date of birth, gender and phone number)
4. Choose to either allow connection to your apps/devises or do not allow
5. Enter in your height, weight then press the next button
6. Consent to the privacy settings and press continue
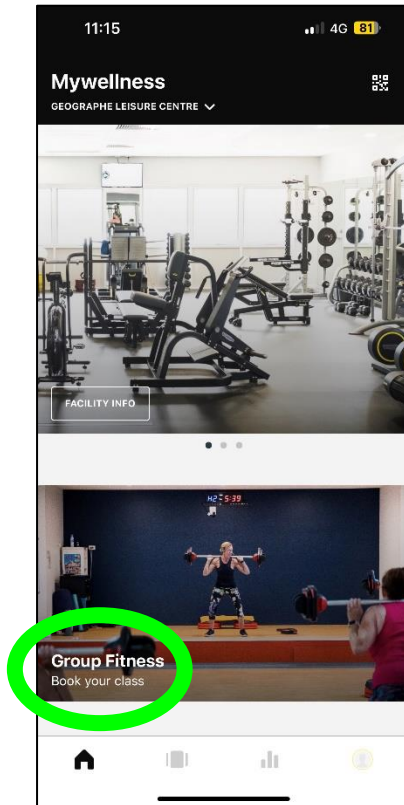7. Use code – ac153849 or use this QR code below:

8. Continue and your MyWellness account is all created and should look like this:
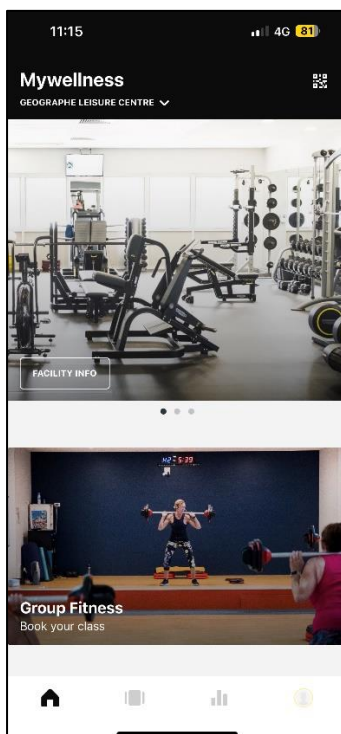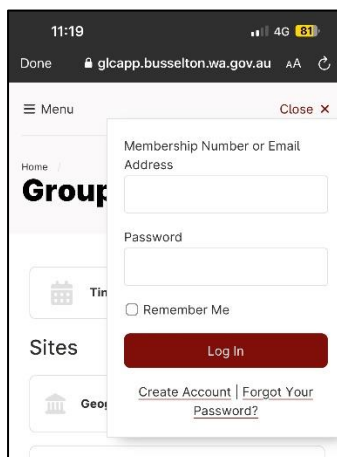
Phoenix (Create Account)

1. In the MyWellness App, click "Group Fitness, Book your class"

2. In the top right corner click "log in"
3. Click create account

4. Enter your date of birth, email address and agree to the T&C's
5. Once you click "create" it will send you an email to confirm.
6. Please go to your email and wait for an email from "GLC"
7. In the email, click on the blue link to confirm email address, it will direct you back to the website.
8. Create password and save and continue

Phoenix (Book your Group Fitness Class)

*you have the ability to book up to 48 hours in advance

1. In the MyWellness App, click "Group Fitness, Book your class"
2. Make sure you are logged in (your name show in the top right corner)
3. Click what site (GLC or NCC)
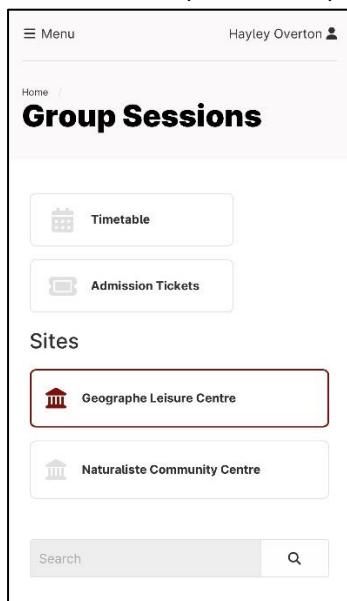
4. Click what day you want to book in for a class
5. Click on the class you want to book in to
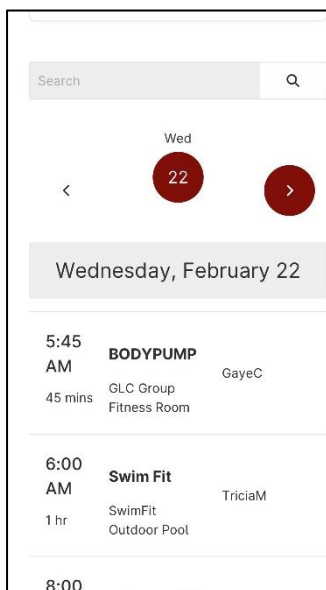
6. Click "Join this Session" and make sure the screen says "group session joined successfully".
7. When you arrive at the Centre for your class, let the ladies at the front counter know that you have booked online and they will print your admission docket for you.