

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 your options for a month's training programme which include:



- App & Train
- App, Coach & Track
- App, Nutrition, 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 OPTIONS

- App & Train - 2 days per week training plan, no coach support - all support built into training app
- App, Coach & Track - 3 days per week training plan, online Coach support and tracking
- App, Nutrition, Coach & Track - unlimited days per week training plan, online Coach support and tracking, nutritional support

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

Click "Bookings" to view your barcode - tap on the miniature version to enlarge for scanning 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)
- Purchase recipe book (e-mailed to you within 24 hours)

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