



HOW TO PURCHASE AN ONLINE TRAINING PROGRAM VIA THE APP

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DOWNLOAD THE MEMBER APP



- Search for “Glofox” in your app store
- Download and open the app, search for “Setanta Fitness Armagh”
- Existing members log in requesting new password (if forgotten). New members register

WHAT ARE THE ONLINE TRAINING PROGRAM OPTIONS?

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- Tap the “Programs” button at the bottom of the screen
- Scroll to view the various programs available to purchase
- Click on the individual program link for more info on duration, payment set up (single or subscription)



WHAT HAPPENS WHEN I PAY FOR A PROGRAM?

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- You will receive an automated e-mail which includes instructions on how to download the online training program app, TeamBuildr. The e-mail also includes a link to our YouTube channel where we have tutorials on how to use the TeamBuildr app.

WHAT NEXT?

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- Simply open the app and follow the video, rep sets and load assigned for that training session
- You can use the app wherever you are in the world



CAN I USE THE GYM OR ATTEND ANY CLASSES?

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- Walk In to use the gym is £7.50 or we have various gym membership options available - you can view them by selecting “Memberships” along the bottom of the app screen
- You can book into HYROX classes via the app - go to “Timetables” and select the “HYROX | RUN” picture to view the available classes