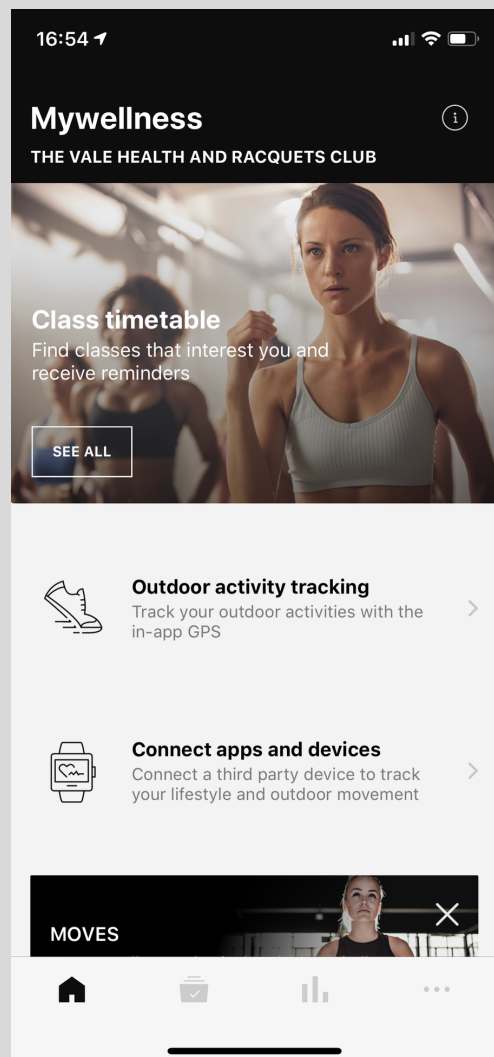


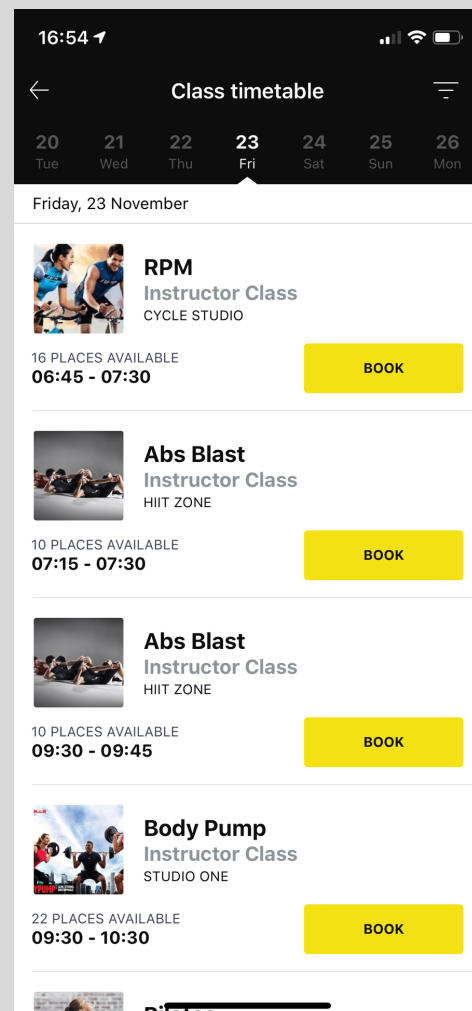
ONLINE CLASS BOOKING SYSTEM

OVER 70 WEEKLY EXERCISE CLASSES NOW

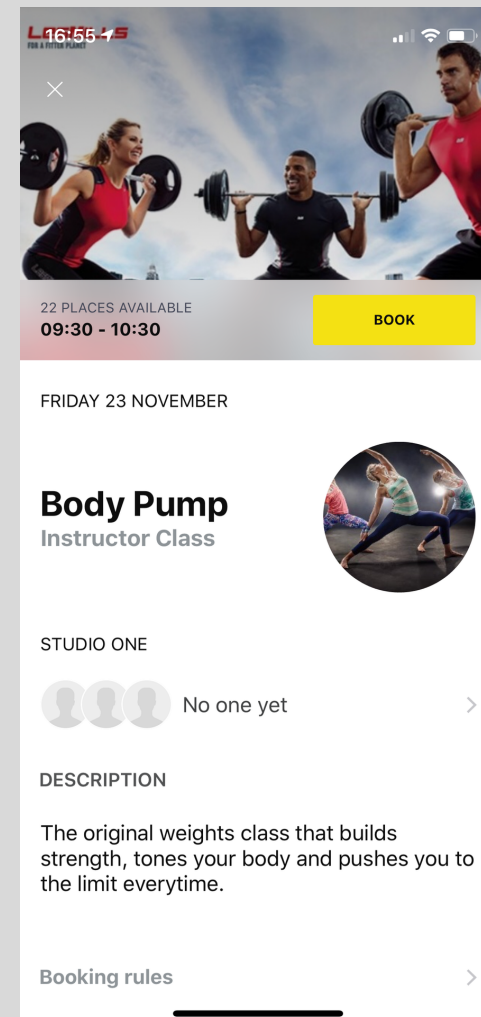
AVAILABLE AT THE TOUCH OF A BUTTON



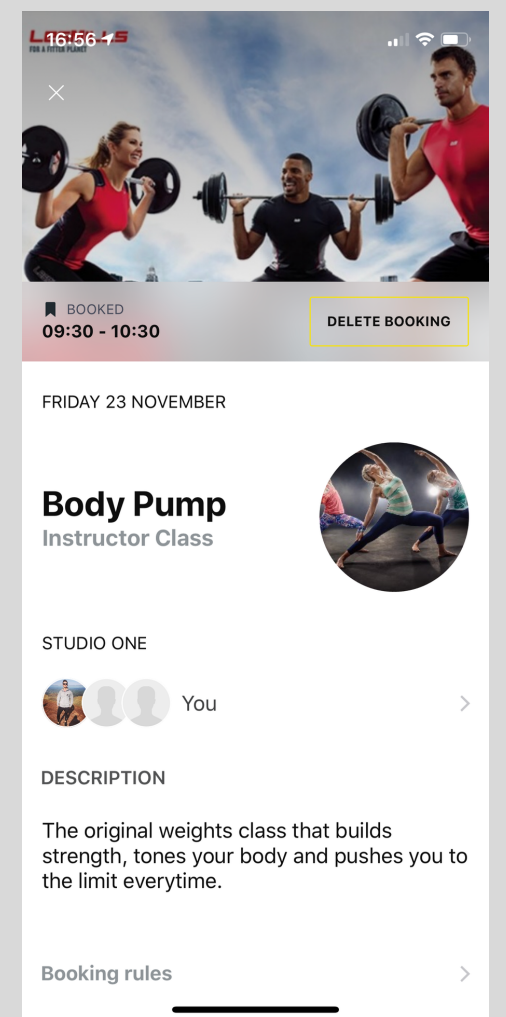
Open your Mywellness app.
Select see all on
Class Timetable



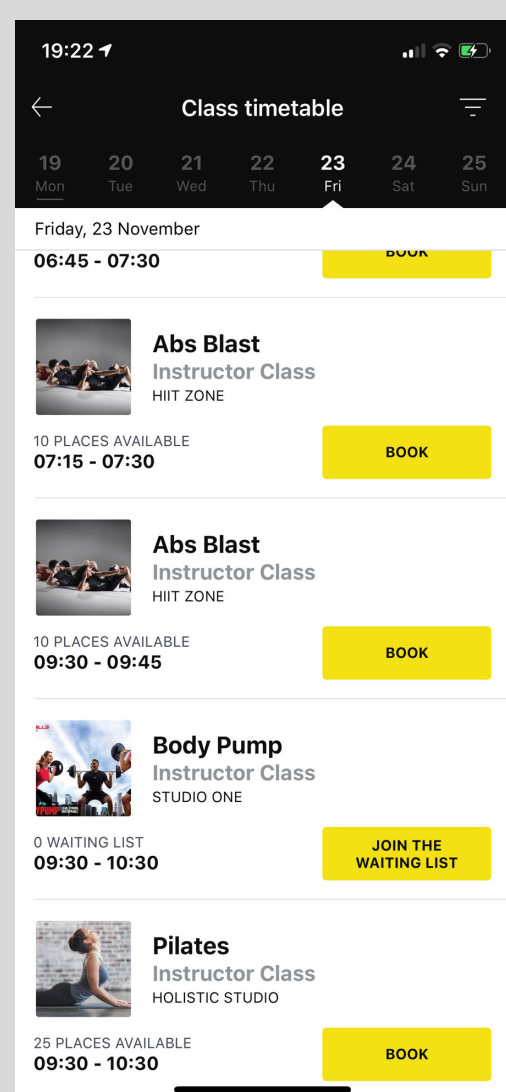
Select chosen **Date** at the top of the screen, you can book upto 7 days in advance, then select desired class



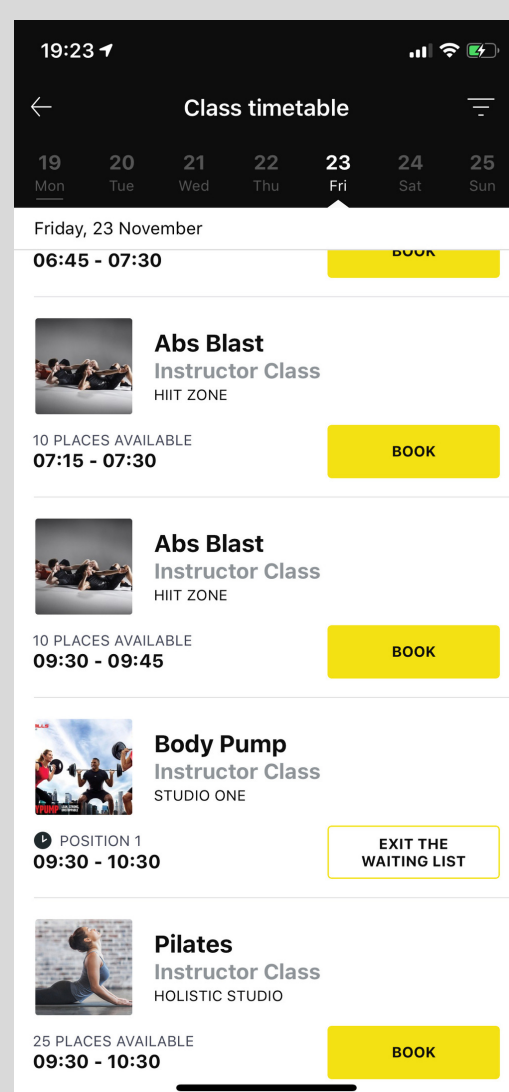
Once desired class has been selected, **Select Book**



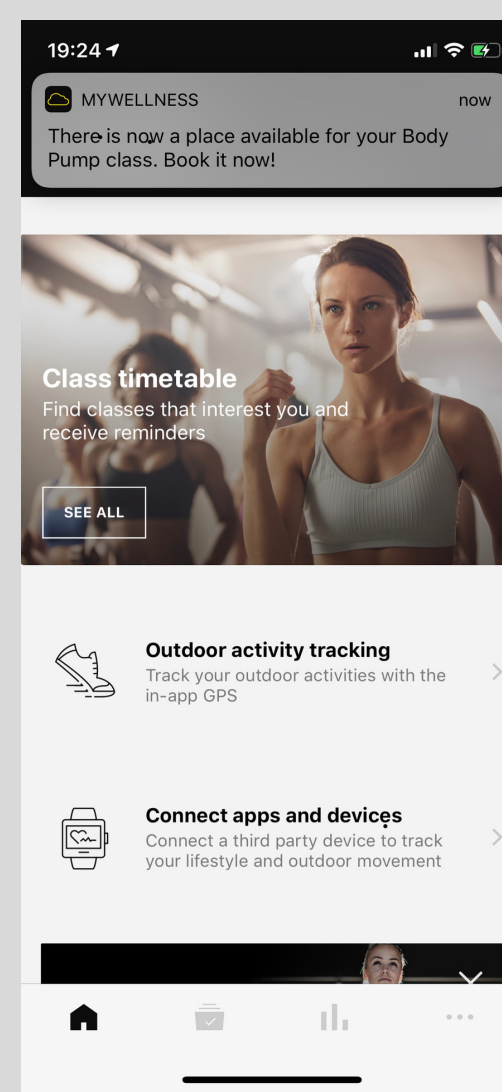
Once you have selected **Book**, you will now be visible in class participants.
If you no longer wish to attend the exercise class, select **Delete Booking**



If your desired exercise class is fully booked you can join the waiting list



Select **Join Waiting list** and wait to be notified when a space becomes available



When a space becomes available you will receive a notification to **Book**. Act fast as spaces are awarded on a first come first serve basis

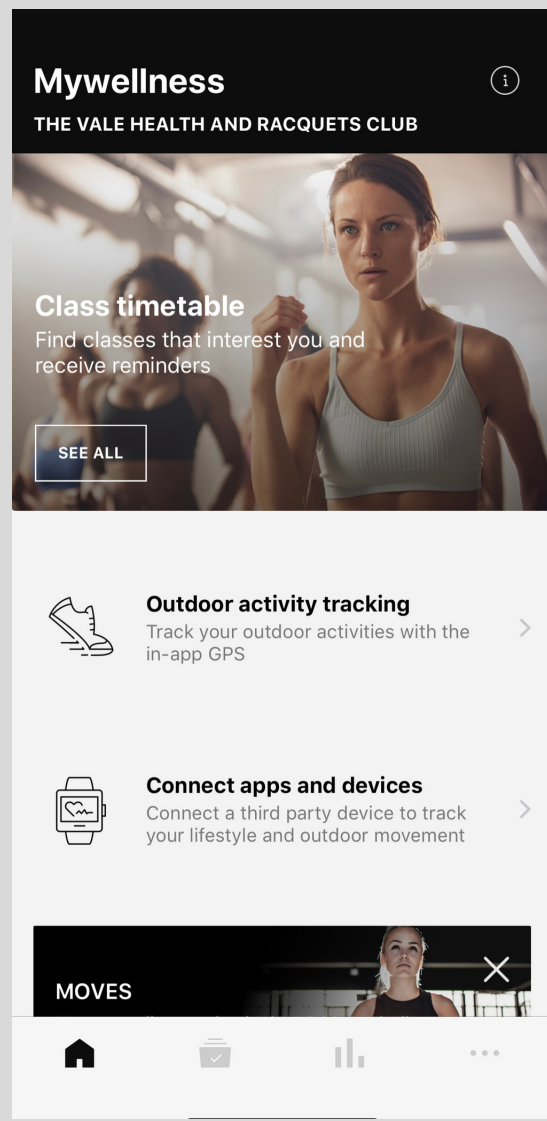
**NOT GOT THE MYWELLNESS APP ?
NO PROBLEM CLASSES CAN STILL
BE BOOKED AT THE LEISURE
RECEPTION DESK,
OVER THE PHONE OR BY USING
YOUR TGS KEY IN THE PEDESTAL
LOCATED IN THE GYM.
PLEASE ASK A MEMBER OF THE
LEISURE CLUB STAFF FOR
ASSISTANCE**



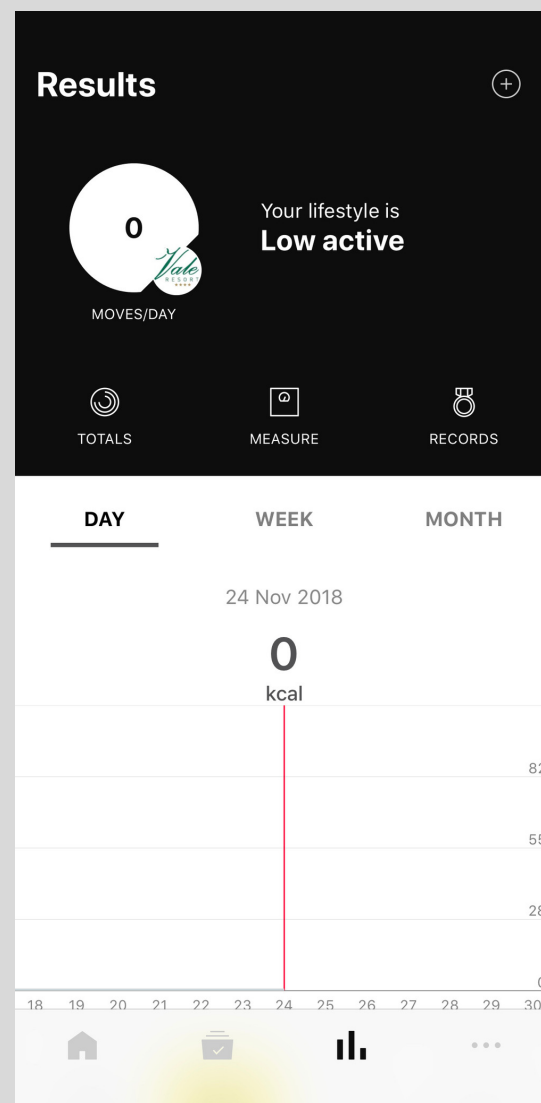
CHANGING YOUR PRIVACY SETTINGS

ALL MYWELLNESS ACCOUNTS DEFAULT TO A PUBLIC PROFILE WHEN SET UP. YOU CAN CHANGE YOUR PROFILE SETTING TO PRIVATE FROM YOUR MYWELLNESS APP. CHANGING THIS SETTING WILL MEAN YOU ARE NO LONGER VISIBLE AS A CLASS PARTICIPANT WHEN BOOKING ONTO A CLASS.

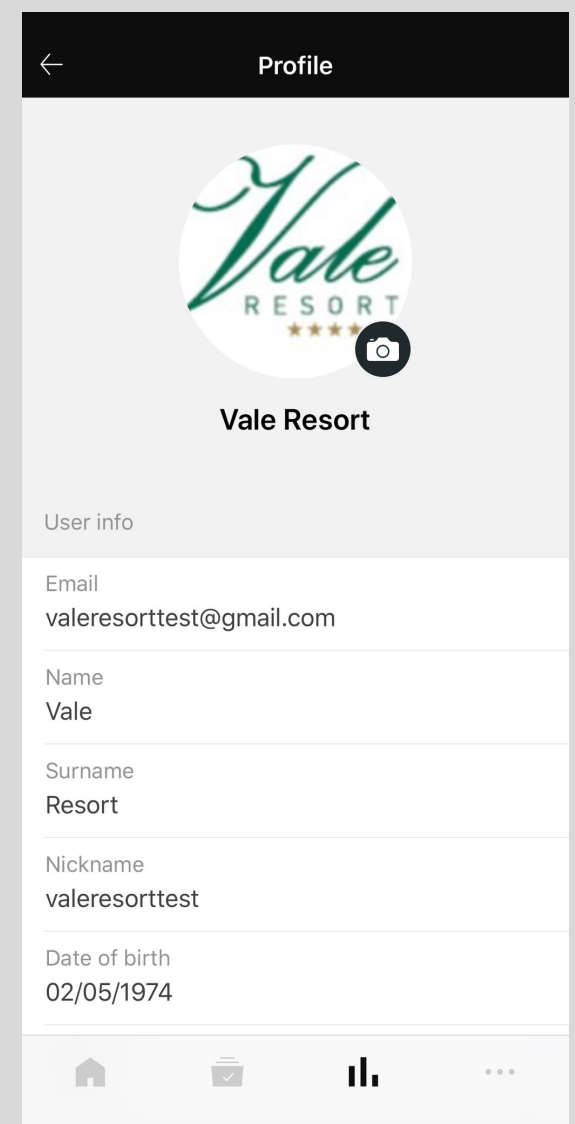
WE WILL KNOW YOU'VE BOOKED BUT NO ONE ELSE WILL.



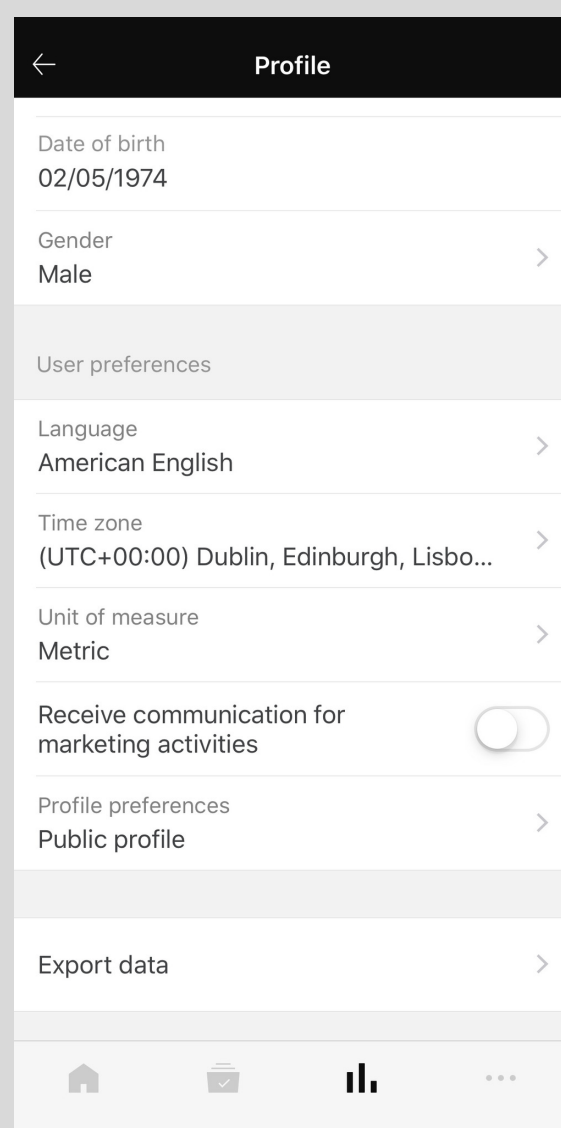
Open your Mywellness app



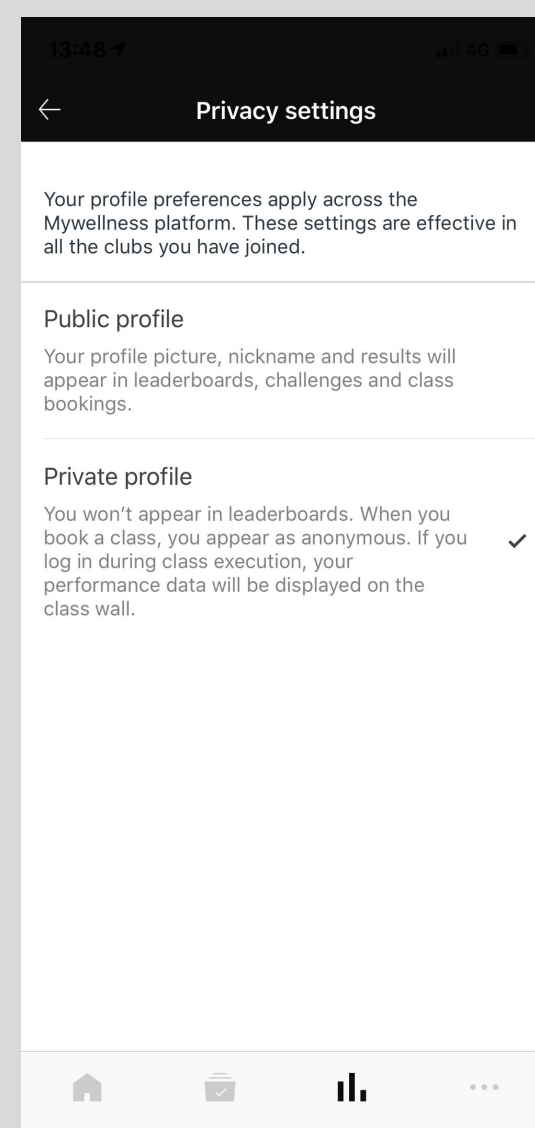
Select the Result tab "bar graph" and select your profile picture, this will take you to your Profile settings



Once your Profile settings page has opened, scroll the screen up till you see Profile Preferences



Select Profile Preferences



Select Private Profile, a tick will appear once selected. To save your changes press the Home tab at the bottom left corner of the Myellness app