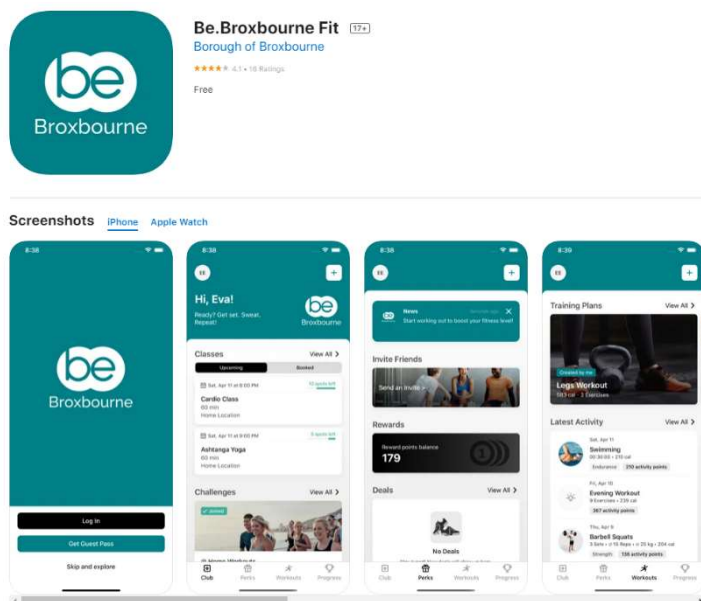


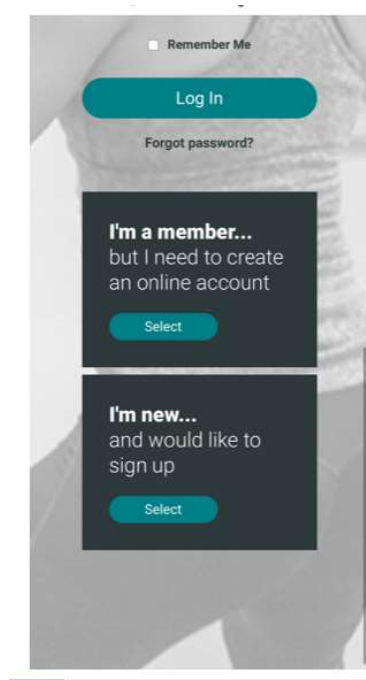
Downloading and setting up your Be.Broxbourne Fit app



As soon as you have your membership card you can download and install our free App **'Be.Broxbourne Fit'** onto your smart phone. This will give you instant on-the-go access to lots of useful features and information including timetables, activity bookings, eGym statistics and integration of wearable fitness trackers.

Once downloaded, tap **'Create an account'** from the **'Log in'** button for the App and add your details as requested.

Important: Please note that the 'barcode number' it requests relates to your card number which can be found on the front of your card, and NOT your membership number, which may be different.



To access our online booking system from within the App you will need to set up a **separate online account** in the **'Book an Activity'** section. Scroll down to the first option **'I'm a member... but I need to create an online account'** and enter your email address (which must match the details you provided for membership) and card number as before + password etc. An email will be sent to you to verify the account and once you log back in to confirm this, tick **'remember me'** to ensure you stay logged in for next time.

'Make a Booking'

Fully subscribed members can pre-book classes up to seven days in advance. Pay-as-you-go members can book up to five days in advance. Select your preferred site and day of the week and scroll down to see available options for that day. Tapping the **i** button will give you more details of the activity including the time of the activity, duration, and number of spaces available. You can select an activity and **'Add to Basket'** and **'Checkout'** or **'Quick Book'** for a single class/activity to bypass checkout.

'My Bookings'

All your booked classes/activities will appear in this section. This is where you can **'Cancel'** a class/activity with no penalty up to 1 hour before your booked time and/or **'Rebook'** for the following week once your class/activity has ended.

Email confirmations will be sent to you for all bookings and cancellations.

If you have had an eGym induction and your eGym account is set up, you can also connect your eGym account and make use of the extended features and workout trackers on the app. Your eGym workouts will track automatically but you can manually track all your other exercise as well.

To connect your eGym account, tap on 'Progress' or any option to track a workout and you will be prompted to connect the eGym account you created with your trainer or by yourself on Fitness Hub.

Once connected your eGym statistics will automatically appear in your 'Progress' section of the app, as well as your Bio age. The eGym Bio age is a comprehensive fitness and health indicator that combines a wide range of user measurements into an easy-to-understand format that can be compared to a member's physical age.

The Laura Trott Leisure Centre eGym also has the new eGym Fitness Hub, and interactive screen which can measure even more biometrics including fat%, muscle mass, flexibility and limb lengths. You can also track your cardio, if you have a wearable cardio tracking device.



Now you are ready to go!