



WHAT IF YOUR GYM COULD TALK?

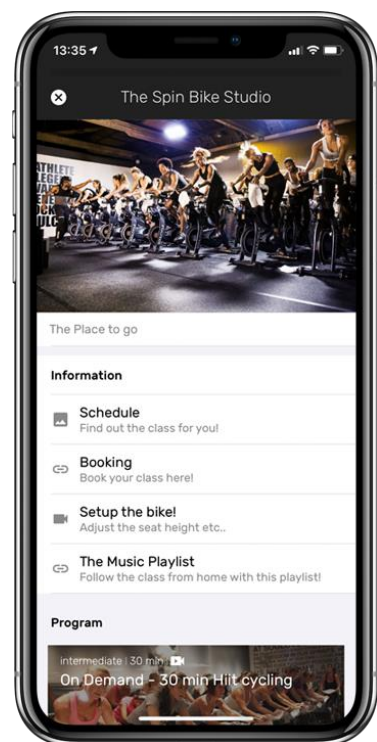
We are excited to introduce 'Gym Zones'. Imagine your own facility guiding the users on workouts and services at the gym! Also stay tuned for 'Coaching for staff', where staff will get new tools to coach the members.

GYM ZONES EXPLAINED

A gym can have several areas like free-weight, cardio, strength, studio, reception or aquatics. Each area with a selection of workouts and services like spa or childcare.

With Gym Zones, the gym can share information and content for each area, guiding the members and display the services. With Advagym, the member can walk up to a section of the gym, tap the puck and the Gym Zone will show up instantly in the app with information, guidance, workouts and classes.

The Gym Zone can be configured for many types of usage. A rig or free weight zone can have hundreds of exercises and can be filtered by body parts. Find the schedule or take classes on demand between live classes at the studio. Use links for booking, invite to bootcamps or share instructor playlists from Spotify for members to follow.



MANAGE YOUR GYM ZONE

A Gym Zone can be managed by an admin in the Web-tool. Once decided what content to share, setting up the Gym Zone is done in a few easy steps.

1. Set headline, description, image or video for the zone
2. Select if you like to share information, exercises and/or programs
3. Add your videos, links, pictures and workouts in each section
4. The content can be edited, re-ordered, or deleted

The screenshot shows the 'Bike studio zone' configuration interface. On the left, there are input fields for 'Name' (marked with a blue circle '1'), 'Hardware description', 'Description', and 'Media' (with 'Image' and 'Video' tabs). A preview image of a cycling class is shown. On the right, there are sections for 'Information', 'Exercises', and 'Programs'. The 'Information' section has an 'Enabled' toggle (checked) and a 'Name' field (with a blue circle '2' and arrows). Below it are two items: 'Schedule' and 'Setup the bike!', each with edit and delete icons. A blue circle '4' is next to a vertical double-headed arrow indicating reordering. A '+ Add information' button (with a blue circle '3') is at the bottom. The 'Exercises' section has an 'Enabled' toggle (unchecked). The 'Programs' section has an 'Enabled' toggle (checked) and one item: 'On Demand - 30 min Hiit cycling' with edit and delete icons. A '+ Add programs' button is at the bottom.

Before saving your Gym Zone, you can preview the result in the Web-tool. To give the members some variation, it could be useful to reorder the list of exercises and programs over time. To reorder, simply edit the zone, drag and drop to reorder, press save and done!

If this is the first time creating a Gym Zone, you will need to add a puck to the Gym Zone. A yellow marker will indicate this. Adding a puck to the Gym Zone is done by using the Advagym support application. If you are editing a zone with a puck connected, just press save and you can start using the zone without additional installation.

Gym Zones can also be copied in the Gym Zone list. Especially when working on a chain level, you can create zones to be used across the chain and simply copy one Gym Zone to multiple sites. When copying Gym Zones, it is recommended to copy exercises, program and classes first. This is to make sure the Gym Zone will use the correct content for each exercise, program and class in the zone. Managing several gyms, the copy function will save time and give a consistent offer to the members.

To learn more about Gym Zones, [watch this clip!](#)

COACHING FOR STAFF

Coming soon, some great updates for staff to coach individual members. With Advagym, members can get started on their own with guidance from the Advagym app. To reach long term results, coaching is still important.

Currently, the gym can share programs and send messages reaching all members. With this update, staff will now be able to help individual members. The staff can follow the progress, share workouts, take notes and comment on the result. Staff and member can communicate directly using messaging. Coaching for staff is a great tool for the staff to engage with the members directly from the gym floor and stay connected in the app.

Note! To use Coaching for staff, the gym must enable data sharing in settings and include a link to their privacy policy. For more information, please reach out to your Advagym representative if you need any support.

Take a tour in the web tool tool.advagymsolutions.com/

To stay in touch with updates in Advagym visit www.advagymsolutions.com/resources

Enjoy the workout!