

WHAT MOTIVATES YOU?

Staying motivated and committed to an exercise and wellness routine is hard. Distractions pop up. Life gets in the way. Wouldn't it be nice for someone and some place to help you stay on track?

We thought so too. So we reimagined the entire fitness experience. It's called Movofit™. Instead of focusing on short-term goals, we focus on human motivation.

Start here, with the Movofit app—designed to keep you moving, motivated, and on track.





APP DOWNLOAD & SET-UP INSTRUCTIONS

1. Download the Movofit app.

- Open **Google Play** or **Apple Store** on your mobile phone and search keyword "Movofit" and click install.

2. Create an Account

- Click **create account**, input your email address, choose a password, sign in, and follow the tutorial provided.

3. Access Your Personal Profile

- Click on your **Initials** in the top left corner. A panel will appear. Click on your initials again to access and update your profile.

4. Profile Customization for Added Benefits

- For more accurate calorie tracking input your gender, height, and weight.
- Input your birthday for yearly rewards points:
 - Use the calendar to select month and date.
 - To update the year, tap the year reflected at the top of the calendar and select your birth year from the scrolling menu.

- Input your Home Location

- Under your profile, select the Center location where you are a member.

5. Settings

- Privacy: If you want to share your workouts, click **Public**. If not, click **Private**.
- Push Notifications: By clicking **Yes**, we can quickly share timely information, including emergency weather closings, the latest Center news, special events, etc.

6. Adding Your Keytag

- On the main screen, click the **Barcode Symbol** on the top right corner.
- Click **Add Barcode** and manually enter your keytag number or scan your keytag barcode using your phone's camera.
- Once saved, you can check into the Center and earn rewards points using your device (Please note, location settings must be enabled to receive rewards points for check-ins.)

APP TILE FUNCTIONALITY

1. Find a Class

- Sort your home Center's class schedule by date, instructor, or activity using top navigation bar.
- View class schedules at other Center locations, using the **Search Icon**. Star locations you frequent and they will appear under Favorites for easy access.

2. Rewards

- View your total rewards points, ways to earn points, and a catalogue of items you can claim using your points.

3. Access Empower M.E., our Member Self-Service Portal

4. Challenges

- Join challenges and compete with other members for prizes and ultimate bragging rights!

5. Workouts

- Track a workout by selecting exercise movements, equipment or machines, Group Fitness classes, sports, or other daily activities.
- Create your own custom workout from our database of over 1,400 exercises or work with a trainer to digitize your routine.
- Use X-Capture to import data right from your cardio machine.
- View your tracked workout history and progress.

6. Connected Apps

- If you have any of the wearables/apps listed in this section, you will be able to connect and record your workouts effortlessly.

7. Refer a Friend

- Share the *Gift of Health* with a friend. Complete the requested information and push **Send**. We will contact your friend and invite them to use a free guest pass!

8. Goal Center

- Set fitness goals and start earning points as you achieve them!

9. Training

- Request a fitness assessment or training session with one of our certified Personal Trainers.

10. Club Feed

- See what other members are up to. If you set your workouts as **Public**, they will automatically appear in this public feed.

11. Social Media

- Connect, share your workouts, and see what is happening at the Center!

12. Deals

- View special deals from our community partners. Check back often for new deals!

APP TROUBLESHOOTING

1. Are you scanning in with the barcode in your Movofit app?

- You must scan-in with the app to receive points.

2. Is the keytag number in the app correct?

- Make sure to double check.

3. Is your hand covering the barcode area when you scan-in?

- Be aware of this as it can throw things off.

4. We recommend checking your rewards tile and click "History" on the top right of your screen.

- This will allow you to double-check what you are receiving points for and verify if multiple check-ins are missing.

5. Have you done steps 1 through 4 and still having trouble?

- Are you connected to the Center wifi and automatically reconnect each time you visit?
- Is your location setting enabled while using the app? In order to receive points for check-ins this must be enabled.

6. If you complete all these items – the points should register.

- Please note, points do not show up immediately. If you are having issues we recommend scanning in and enjoy your workout. Towards the end of your workout if the points are still not showing up, scan again. If the problem persists please inform a team member with the following information: the dates of missed check-ins, your full name, scan tag number, phone model, and email address. Our team will look into this further for you.