

# Apps and Social Media

## GymSync



Members use GymSync to book classes at Oakwood.

1. Download GymSync
2. Create an Account
3. Search for Oakwood Sports Centre, Horley
4. Scroll through and select a class to book
5. You will receive a message to say you cannot book at this time as your application needs to be validated by the club. We will see this message too and will validate your application. You will then be able to book classes.
6. Please note, to cancel a class you need to provide at least four hour's notice. If you need to cancel a class with less notice, please call reception on 01293 822238.

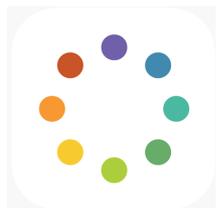
## eGym



With the eGym App you'll be able to see the results of each workout you do on the eGym equipment. You'll be able to see your muscle imbalances, biological age and your place in the rankings (you earn points for each visit!) You'll also be able to set up your programme and include other activities you do, in and out of the gym.

1. Download the eGym App
2. Log in with your email address and password (you will have set this up when you first used the eGym equipment with us)

## **Boditrax**



With the Boditrax App you'll be able to access the data and results from all your Boditrax scans at Oakwood. This means that when you come in and do a Boditrax scan you won't need to stay and study all your results in detail – you can wait until you're at home at view them on your App instead.

1. Download the Boditrax App
2. Log in with the email address and password you set up the first time you used Boditrax with us.

### **Getting help and support with your Apps**

If you require any help with the various Apps we use please just ask staff when you're next at the club.

## **Social Media**

### **Facebook**



We use Facebook to keep you updated with news, changes, class cover, events and more. Please like and follow our page at [www.facebook.com/oakwoodsportscentre](http://www.facebook.com/oakwoodsportscentre)