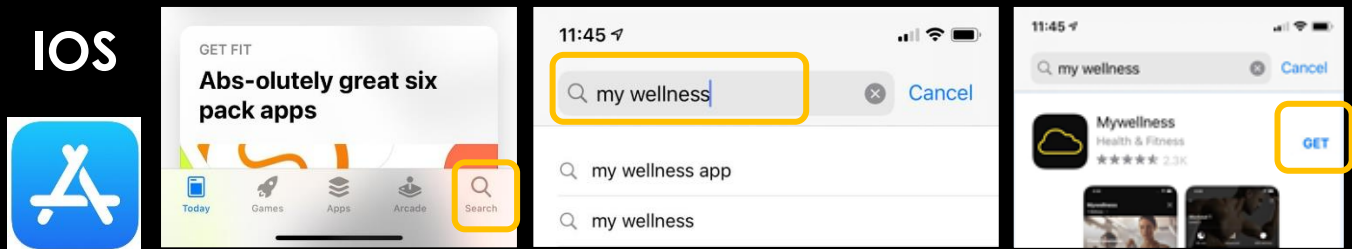


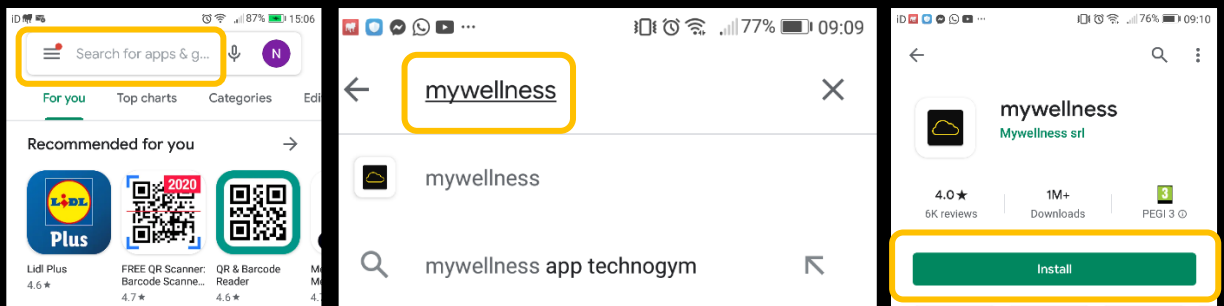
This guide will help you download, complete sign-up and activate the Technogym **mywellness** app for the purpose of accessing the Technogym / Torfaen Leisure Trust **On-Demand Workouts**.

Note - If you have already downloaded the app and completed sign-up – simply open the app and go to Step 12.

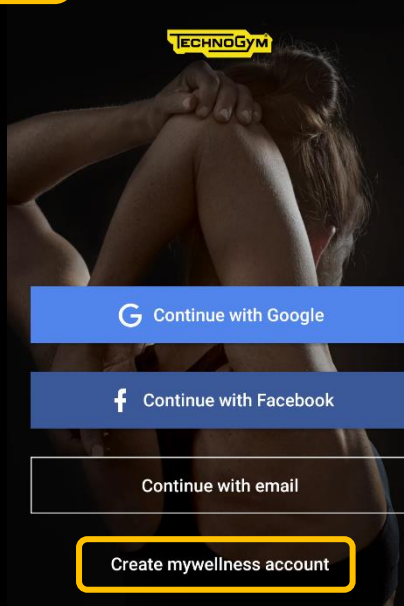


1. Access the App Store, use the Search facility and search on 'My Wellness'. Click Get to install.

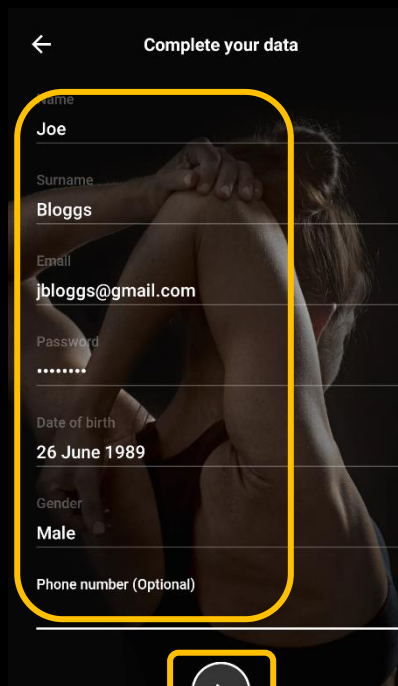
Android



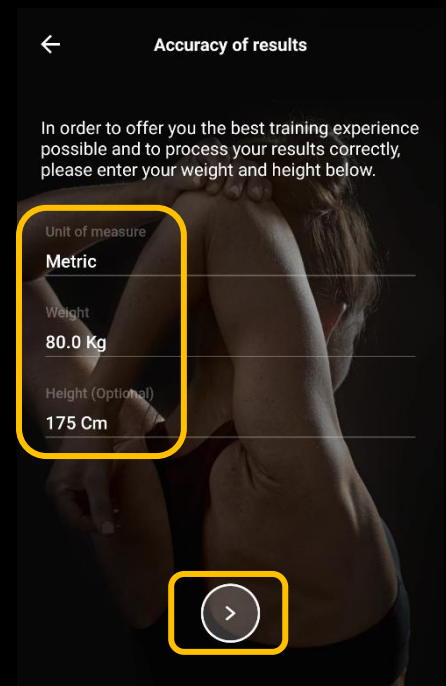
1. Access the Play Store, use the Search facility and search on 'My Wellness'. Click Install.



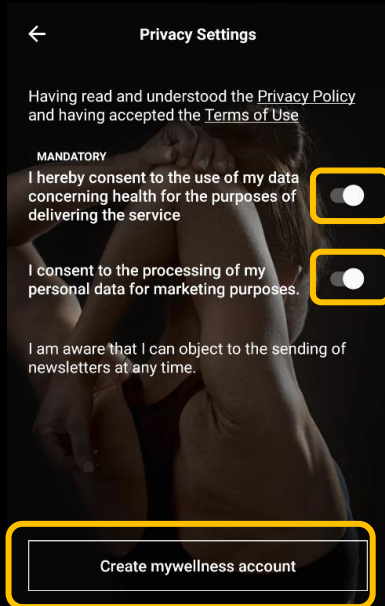
2. Create mywellness account



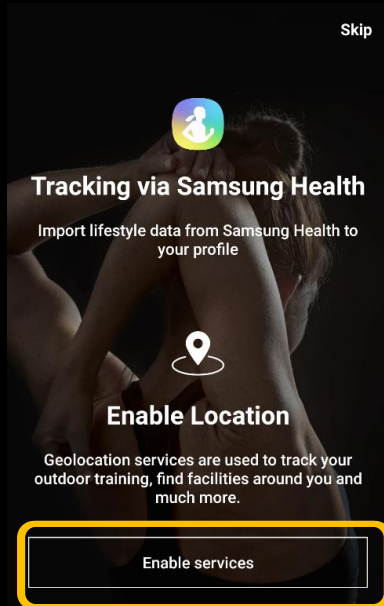
3. Enter your details >



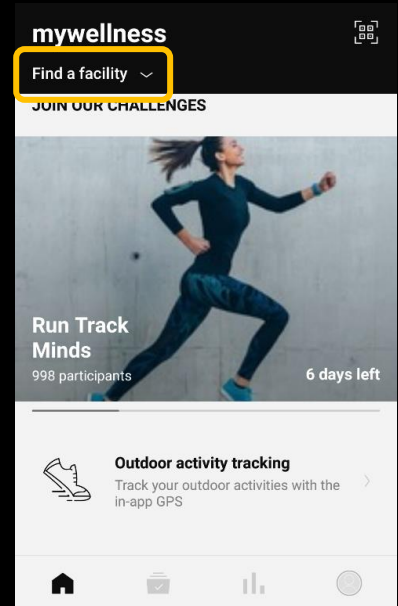
4. Enter your measurements >



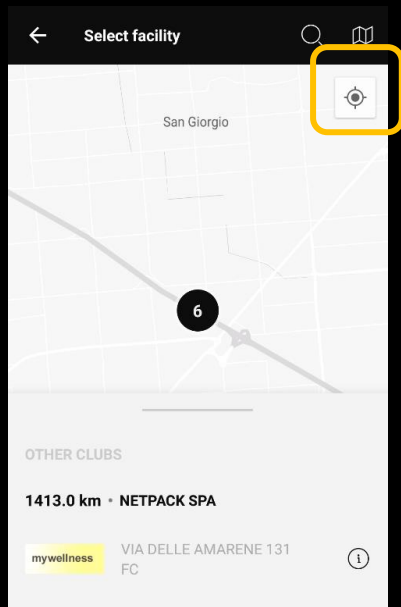
5. Accept the settings / Create



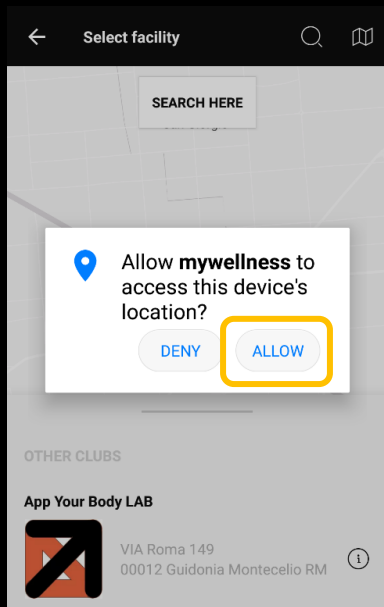
6. Enable services/location



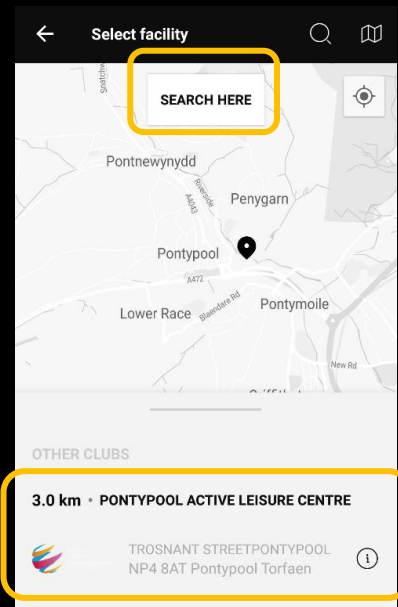
7. Find a facility



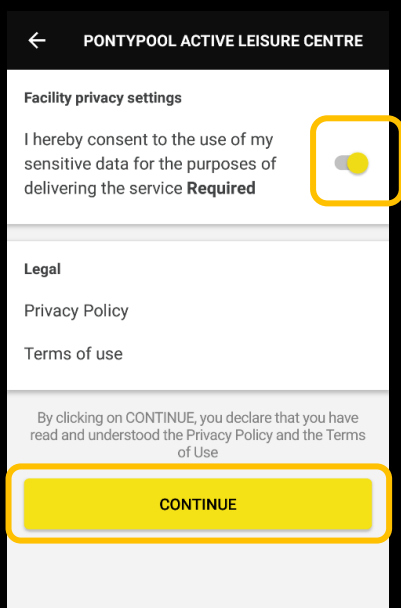
8. Location icon



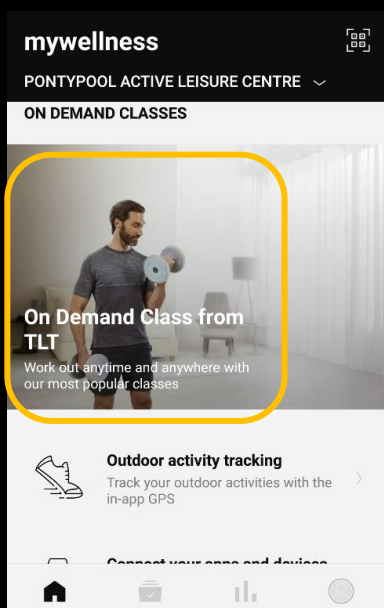
9. Allow location access



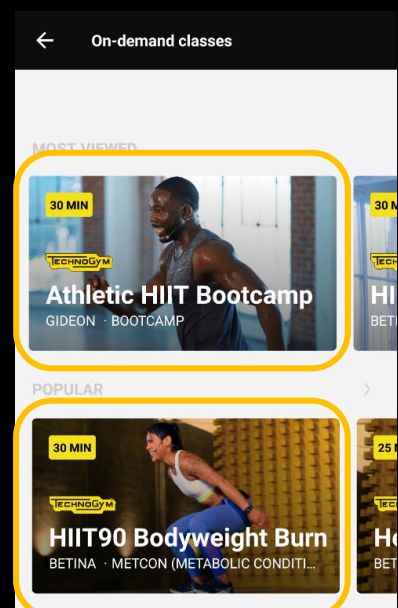
10. Search / Select a centre



11. Accept privacy & Continue



12. Select 'On Demand Class from TLT'



13. Select required workout