

Registration & booking classes on Gymcatch

Classes will all be cashless and so I have set up online booking & payment via Gymcatch. It is really easy to use, especially once you're set up. Just click the link below to register to Gymcatch.

Then you can book and pay for whichever classes you like.

- **There is a limit for each class due to social distancing in the venue.**
- **Any classes booked cannot be carried over or refunded.** Classes are either in 6 week blocks as before (Pilates & HIIT) or pay as you go (PAYG) such as Zumba, Legs, Bums & Tums, Boot Camp, Men's Core Strength. The PAYG classes can be booked up until the end of the year.
- **The revised times and prices of the classes are shown on the Gymcatch link and the timetable is on my website - nicolaraynerfitness.com**
- **For those of you that attend my PAYG classes and have a class card please read the info sheet relevant to your specific class for details on how to book by redeeming the credit on your class card. If you receive a voucher code this can be redeemed against your chosen classes on Gymcatch.**
- **I would like to still be able to offer my Online Fitness Group.** As there is just one of me I will be just running my Pilates session & HIIT session online on a Wednesday evening. As Boxworx cannot run at the moment & the Clophill village hall has not yet confirmed it's reopening and risk assessment details I shall be running these 2 sessions online on Facebook live on a Wednesday evening - HIIT at 6-6.50pm & Pilates at 7-8pm.
- **For the online sessions you have 2 options.**
- **1 -** If you are not attending any face to face 6 week block classes you can access these sessions either via Facebook group or through the link which I will send you the next day once the sessions have been uploaded. **You will also have access to all of my previous sessions since the start of lockdown (over 180+) all this for just £30 for 6 weeks access.**
- **2 -** If you are booking one of my 6 week blocks (Pilates or HIIT) you can have access to the live & pre-recorded sessions as mentioned above as a **BOLT-ON (this will help if you cannot make your class as no carry over system or refund is available) so you can access the session at a later date for just an additional bolt-on price of £15 for 6 weeks access.**

Anyway, have a go on the link following the step by step guide below and let me know if you have any questions. It's new for us all but hopefully it will be great!

1. click the link to register <https://app.gymcatch.com/register>
2. login on gymcatch & search fitness provider - type Nicola Rayner
3. click packages - bundles to book a block based class and select the individual class /venue/day you want to book (if you select a block package bundle your block is

automatically booked with the subsequent dates of the block displayed at the bottom, you don't need to individually select them).

- 4. If you attend PAYG classes you can click on schedule instead and book classes individually by choosing the dates.**
- 5. You do need to book further packages/classes in a separate transaction.**
- 6. Then pay to book your sessions using your credit/debit card (you don't need to save your card details if you'd prefer not to).**
- 7. You can re-login to book any other classes or packages such as the bolt-on**