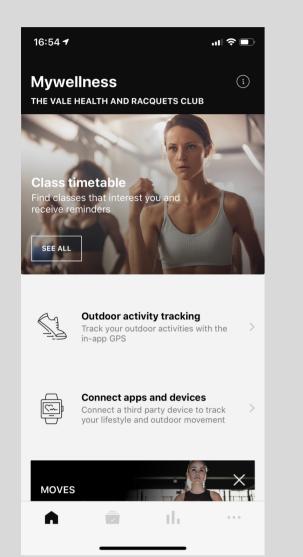
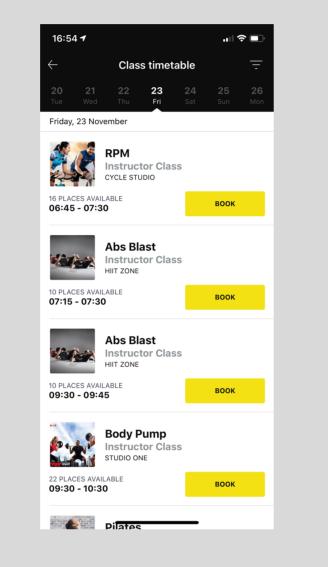
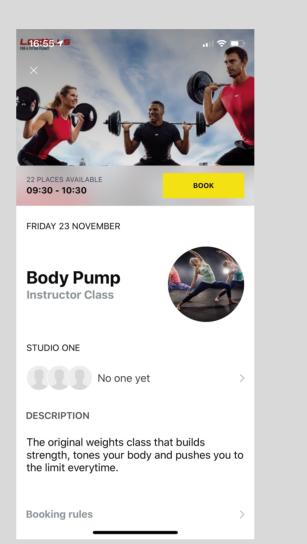
ONLINE CLASS BOOKING SYSTEM OVER 70 WEEKLY EXERCISE CLASSES NOW AVAILABLE AT THE TOUCH OF A BUTTON



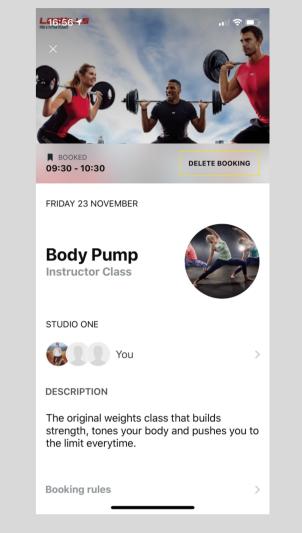
Open your Mywellness app. Select see all on



Select chosen **Date** at the top of the screen,



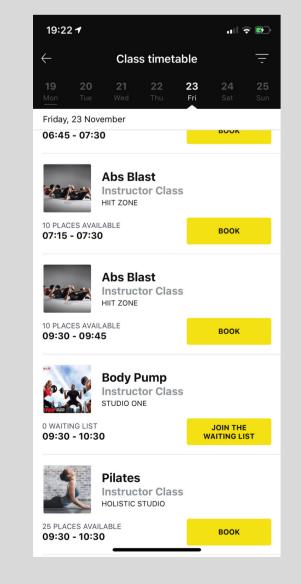
Once desired class has been selected, **Select**



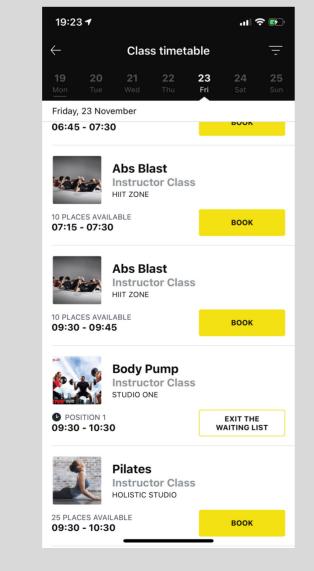
Once you have selected **Book,** you will now be visible in class

Class Timetable

you can book upto 7 days in advance, then select desired class

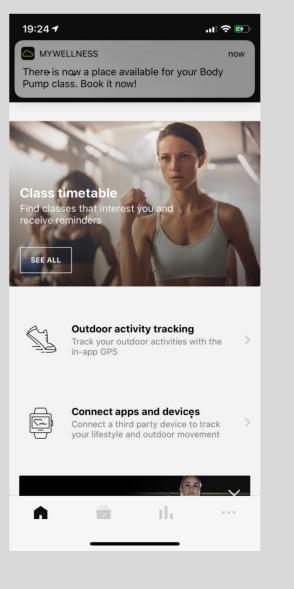


If your desired exercise class is fully booked you can join the waiting list



Select **Join Waiting list** and wait to be notified when a space becomes available Book

participants. If you no longer wish to attend the exercise class, select **Delete Booking**



When a space becomes available you will receive a notification to **Book**. Act fast as spaces are awarded on a first come first serve basis

NOT GOT THE MYWELLNESS APP ? NO PROBLEM CLASSES CAN STILL BE **BOOKED** AT THE LEISURE RECEPTION DESK, OVER THE PHONE OR BY USING YOUR TGS KEY IN THE PEDESTAL LOCATED IN THE GYM. PLEASE ASK A MEMBER OF THE LEISURE CLUB STAFF FOR ASSISTANCE

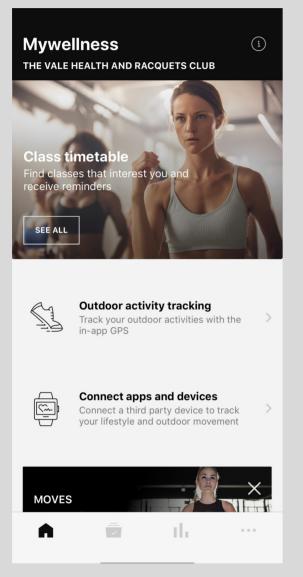


Our full privacy notice setting for what purpose we use your information, what our legal basis for doing so is and who we share your personal information with can be viewed on our website https://www.valeresort.com/privacy-policy. If you would prefer to see a printed version please ask a member of the team for a copy.

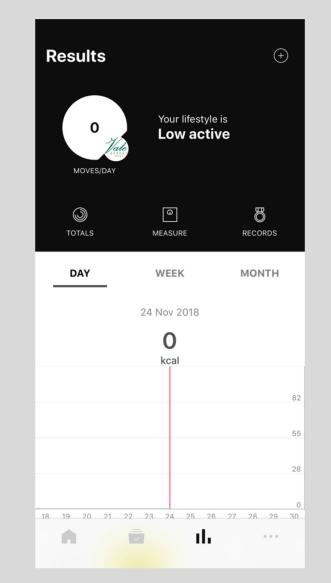
CHANGING YOUR PRIVACY SETTINGS

ALL MYWELLNESS ACCOUNTS DEFAULT TO A PUBLIC PROFILE WHEN SET UP. YOU CAN CHANGE YOUR PROFILE SETTING TO PRIVATE FROM YOUR MYWELLNESS APP. CHANGING THIS SETTING WILL MEAN YOU ARE NO LONGER VISIBLE AS A CLASS PARTICIPANT WHEN BOOKING ONTO A CLASS.

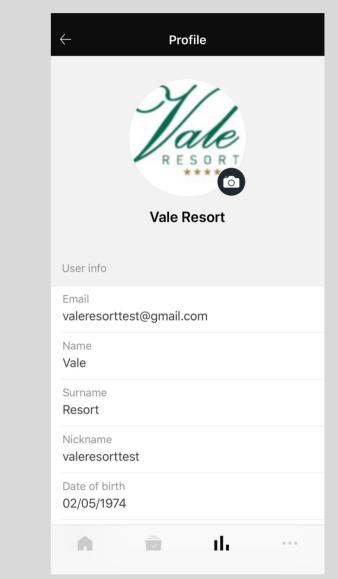
WE WILL KNOW YOU'VE BOOKED BUT NO ONE ELSE WILL.



Open your Mywellness app



Select the Result tab "bar graph" and select



Once your Profile settings page has

your profile picture, this will take you to your Profile settings opened, scroll the screen up till you see Profile Preferences

← Profile	
Date of birth 02/05/1974	
Gender Male	>
User preferences	
Language American English	>
Time zone (UTC+00:00) Dublin, Edinburgh, Lisbo	>
Unit of measure Metric	>
Receive communication for marketing activities	
Profile preferences Public profile	>
Export data	>
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Select Profile Preferences

	- •		
\leftarrow	Privacy	settings	
Mywellnes	e preferences ap s platform. Thes os you have joine	e settings are	
Public pr	ofile		
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book a cla log in duri	appear in leaderl ss, you appear a: ng class executio ice data will be di	s anonymous. n, your	lf you 🗸
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Select Private Profile, a tick will appear once selected. To save your changes press the Home tab at the bottom left corner of the Myellness app



Our full privacy notice setting for what purpose we use your information, what our legal basis for doing so is and who we share your personal information with can be viewed on our website https://www.valeresort.com/privacy-policy. If you would prefer to see a printed version please ask a member of the team for a copy.