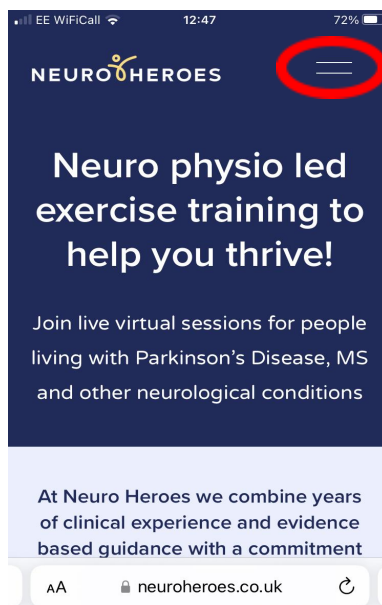
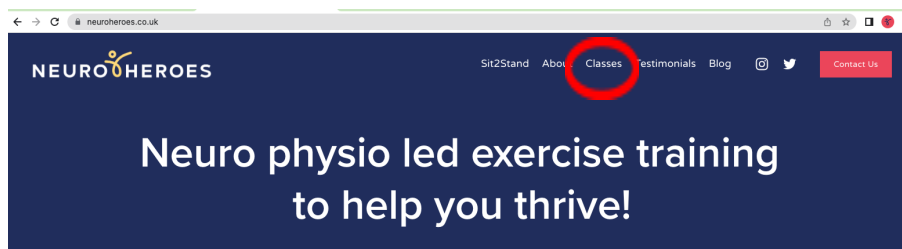


How to book a class

1. You can book a class by going through the Neuro Heroes website or directly through Gymcatch. You will need to be registered with Gymcatch before you start.

Neuro Heroes Website	Gymcatch
<ul style="list-style-type: none">(a) Go to the Neuro Heroes website: https://www.neuroheroes.co.uk/(b) Go to step 2 and follow the instructions	<ul style="list-style-type: none">(a) Head to the official Gymcatch website: https://gymcatch.com/app/provider/4976/events <p>If you end up at the general Gymcatch homepage please follow these steps:</p> <ul style="list-style-type: none">(b) Go to the image 'For Everyone' and select 'Find Fitness'(c) Type Neuro Heroes into the 'Search for fitness provider' bar and select 'Find'(d) Go to step 3 and follow the instructions

Once on the Neuro Heroes website, select 'Classes' and this will take you to the booking page. On a computer this is along the top bar and on a mobile it is in the menu.



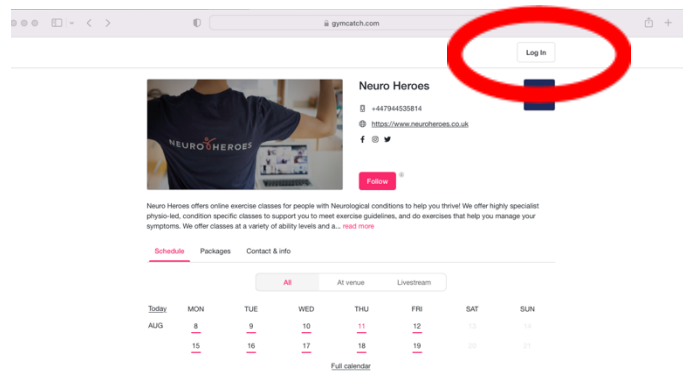
2. When the 'Classes' page opens, scroll down and click on the 'Book a class' button for the class you wish to join



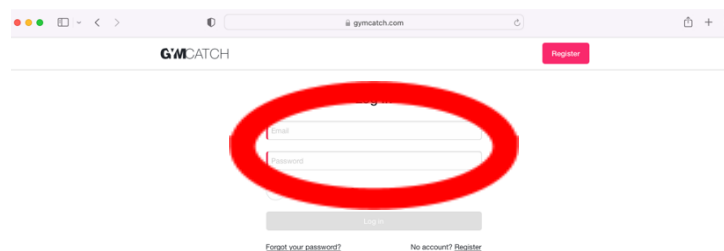
PD Circuits

Thursdays 13:00 - 14:00

3. You will be diverted to Gymcatch where you will need to log in. To do this, select 'Log In' in the top right-hand corner of your screen



4. Fill in your email and password.



5. To join a class or look at what classes are available you can use the 'Schedule' tab. This will allow you to see what classes are available that day, that week or in the next 30 days. You can also filter your search by what type of class you wish to join.

The screenshot shows the 'Schedule' tab selected in the top navigation bar. Below it is a calendar view for August, with the 11th highlighted. A 'Full calendar' link is visible. Below the calendar are filter options: 'Day', 'Next 7 days', and 'Next 30 days'. A 'Filters' button is also present. The main content area shows a list of classes for 'Thursday 11 August':

- MS STABILISE**: 11:30 – 12:30, BST. Online. Details button.
- PD CIRCUITS**: 13:00 – 14:00, BST. Online. Details button.

The 'Category' dropdown menu is open, showing options: 'All categories', 'Circuits', 'Strength & Conditioning', and 'Pilates'. The 'Session type' dropdown is set to 'All types' and the 'Instructor' dropdown is set to 'All instructors'.

6. Once you've made a decision about what class you would like to join, select 'Details'.

This screenshot shows the same class list as the previous image, but with the 'Details' button for the 'MS STABILISE' class circled in red. The 'Next 30 days' filter is selected. The class list includes:

- MS STABILISE**: 11:30 – 12:30, BST. Online. Details button (circled).
- PD CIRCUITS**: 13:00 – 14:00, BST. Online. Details button.
- NEURO STRENGTH**: 13:30 – 14:15, BST. Online. Details button.
- MS STABILISE**: 11:30 – 12:30, BST. Online. Details button.

7. Once the class page opens, scroll down and select the date you wish to join. Select the 'Book' button.

[Schedule](#) [Packages](#) [Contact & info](#) [Participation information](#)

< MS STABILISE

About

Join us for a varied, moderate intensity session to target better movement through strength, balance, coordination and flexibility training to help you manage your MS symptoms. Movements aim to help the quality of your walking, stability and strength for improved daily function. A session for those with mild to moderate MS symptoms who want the knowledge of a highly specialist neuro physio to feedback on movement and exercise intensity.

You need to be able to exercise for 45 minutes mainly in standing, with rests.

Please do not book this class until you have filled in our MS Assessment form and have received an email back from the team.

Cancellation Policy

This session only uses automated refunds for bookings made using a package or by card. If you cancel your booking more than 4 hours before the start of the session you will be refunded by a credit to the package used to make the booking or by the gifting of a package that will enable you to book into an alternative session. Any queries about refunds should go directly to Neuro Heroes. Gymcatch cannot assist you with refunds.

📅 01/09/2022
🕒 11:30 – 12:30, BST
👤 Mixed event, intermediate level
👶 12+
📍 T16
📺 Online session

Book

Future dates in this series

Sep Thu 8 Thu 15 Thu 22 Thu 29 Oct Thu 6 Thu 13

8. You will be taken through the booking page, where you will have the option for how you wish to pay for the class. This can be through membership, a bundle, promotional code or one off payment.

MS STABILISE booking

01/09/2022 11:30 – 12:30, BST

1 Select places 2 Payment 3 Confirmation

[Add more places](#) [Buy with a package](#)

Pay with a new credit or debit card >

[Add promotional code](#)

If your provider has enabled the sending of email receipts add an email address to receive. [Ⓜ]

Add card and Book - £16

PD CIRCUITS booking

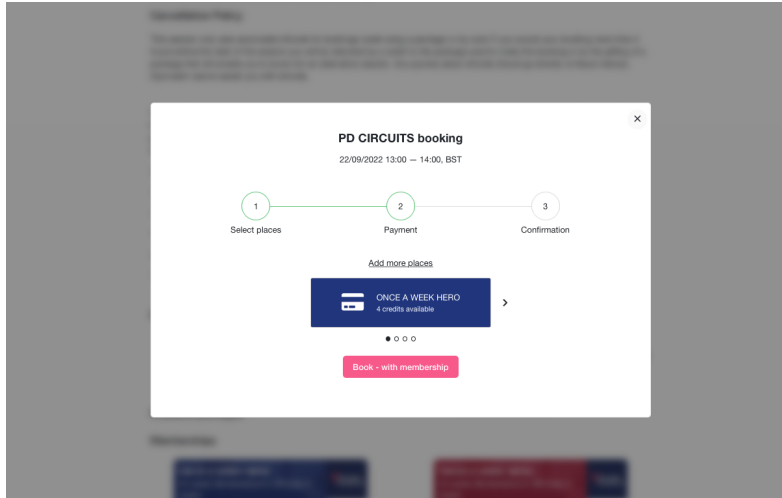
01/09/2022 13:00 – 14:00, BST

1 Select places 2 Payment 3 Confirmation

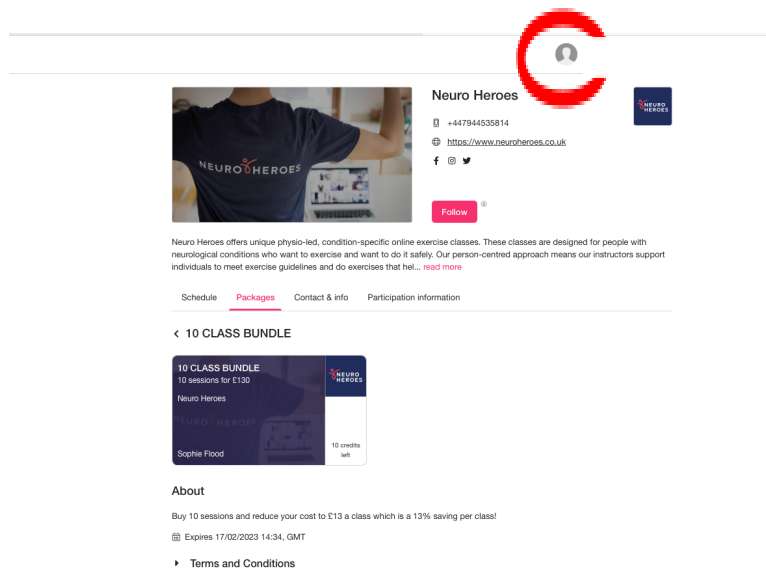
[Add more places](#)

0 CLASS TASTER BUNDLE
£5 left >

Book - with package



9. You are able to see all your purchases and booked classes by clicking on your profile picture at the top of the page.



This will take you through to your personal information where you can see amongst other things, your bookings and purchases.

Details **Purchases** Notifications Participation information Payment cards Sub profiles

Bookings Packages Courses Resources

My packages

Live Expired

Memberships

ONCE A WEEK HERO
52 weeks Membership for £48 every 4 weeks

Neuro Heroes

Sophie Flood

Expires 15/08/2023

Bundles

5 CLASS TASTER BUNDLE
5 sessions for £65

Neuro Heroes

Sophie Flood

4 credits left

10 CLASS BUNDLE
10 sessions for £130

Neuro Heroes

Sophie Flood

10 credits left