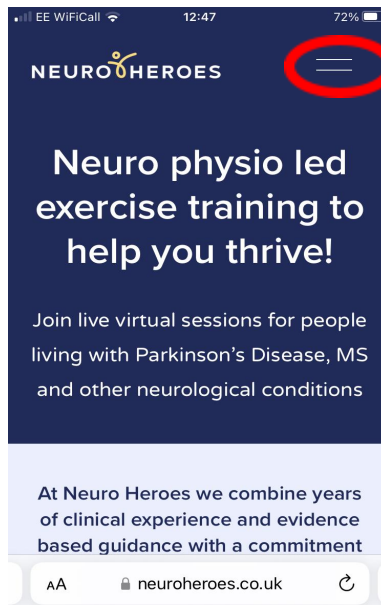
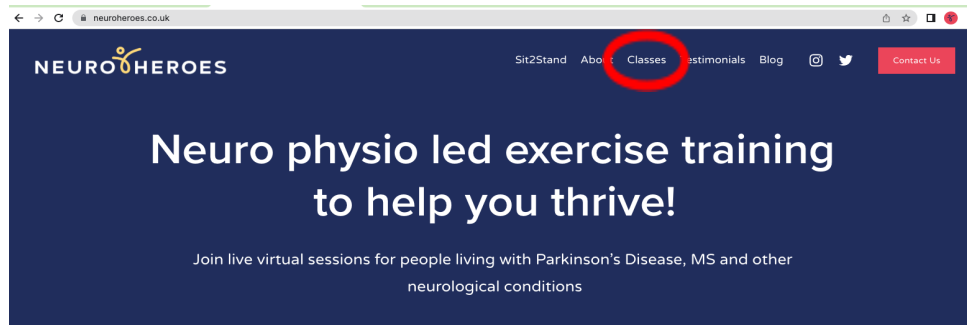


How to log into Gymcatch

1. You can log in by going through the Neuro Heroes website or directly through Gymcatch.

Neuro Heroes Website	Gym Catch
(a) Go to the Neuro Heroes website: https://www.neuroheroes.co.uk/ (b) Go to step 2 and follow the instructions	(a) Head to the official Gym Catch website: https://gymcatch.com/app/provider/4976/events If you end up at the general Gymcatch homepage please follow these steps: (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.



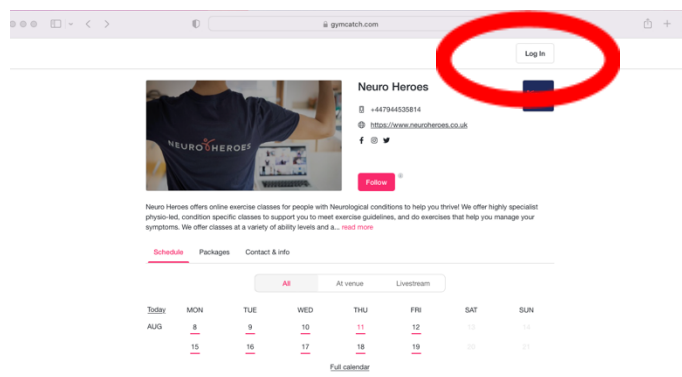
2. Click on the 'Book a class' button



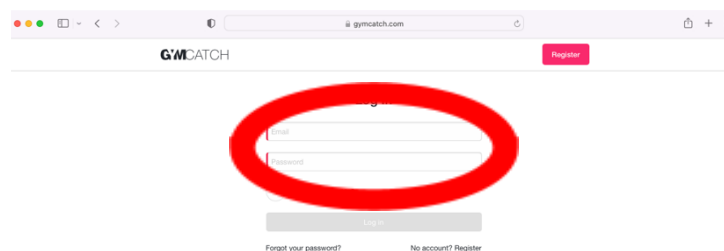
PD Circuits

Thursdays 13:00 - 14:00

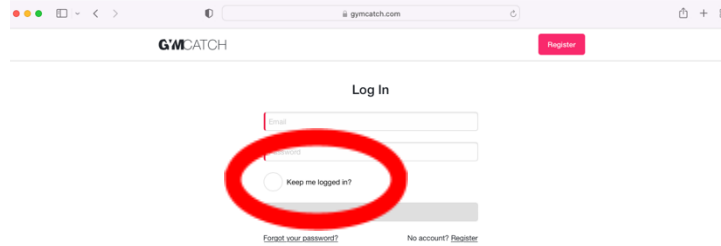
3. Select 'Log In' in the top right-hand corner of your screen



4. Fill in your email and password. Don't worry if you have forgotten your password, simply select 'Forgot your password?' and follow the instructions. Unfortunately, we are unable to help resetting your password, this needs to be done by following the instructions.



5. You may wish to select 'Keep me logged in' (if it isn't a shared computer) then you will not have to keep remembering your details!



6. You are now logged in and are able to book a class, make a purchase or check your account.

