

Instructions Guide on H.I.I.T Labs Gym System

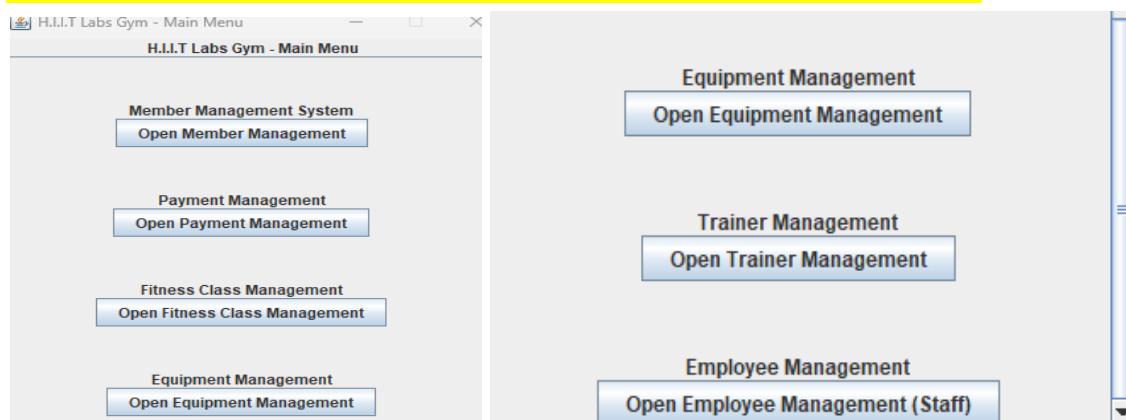
Welcome To The H.I.I.T Gym Management System

HOW TO USE MAIN MENU

Our Main Menu has 6 Different Options to Choose From

- Member Management
- FitnessClass Management
- Trainer Management
- Payment Management
- Equipment Management
- Employee Management

If button for Section is Selected a Submenu will Open

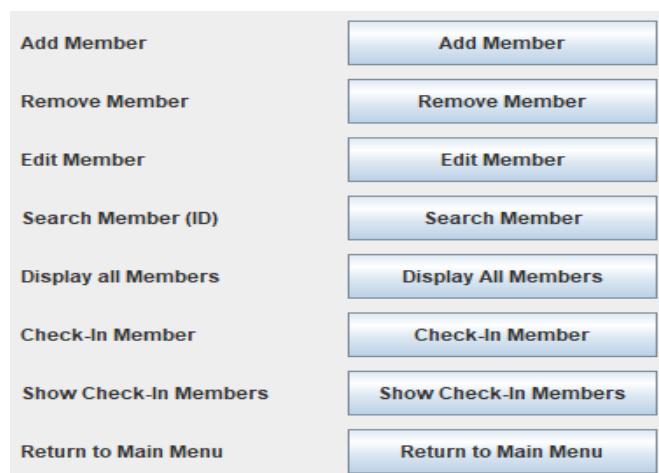


Selected Member Management

Click on "Open Member Management"

User will be prompted with 8 Different Selections

- Add Member
- Edit Member
- Display All Members
- Show Checked in Members
- Remove Member
- Search Member
- Check-in Members
- Return to Main Menu



Selected Add Member

Click on "Add Member"

User will be Prompted to Pick/fill out:

The Members **Name**

The Members **Age**

The Members **Email**

The Members **Phone Number**

The Member's **ID**

The **Membership Type**

The **Pin** of The Member

User will click next when done, then **Enter the Payment Details** of his Account: Card Number Last 4 digits, Exp date, and CVV

The Member will be Created

And Added to The List of Members.

Add New Member Add New Member

Name: Angel

Age: 19

Email: angelangel1234@yahoo.com

Phone: 6767-410

Member ID: 1234

Membership Type:

Standard Premium Gold

PIN: 1234

Back Next

Add New Member All Members

Enter Payment Information

Card Number (Last 4 Digits): 1234

Expiration Date (MM/YY): 01/25

CVV (3 digits): 123

Submit Payment

All Members

D: 1009
Name: Ian Clark
Email: ian.clark@email.com
Phone: 555-0123
Membership: 1

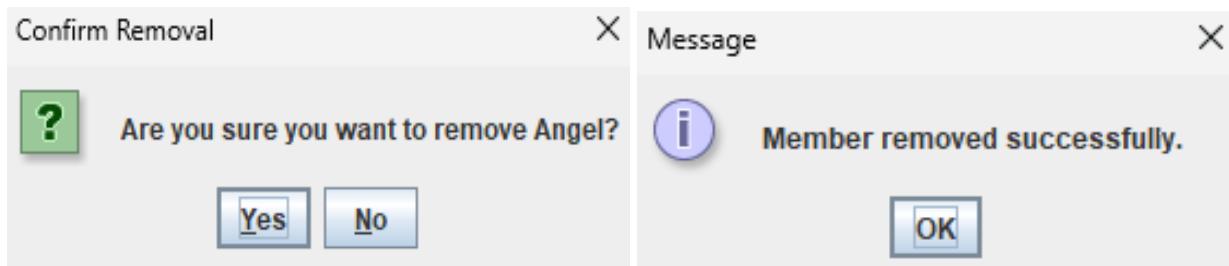
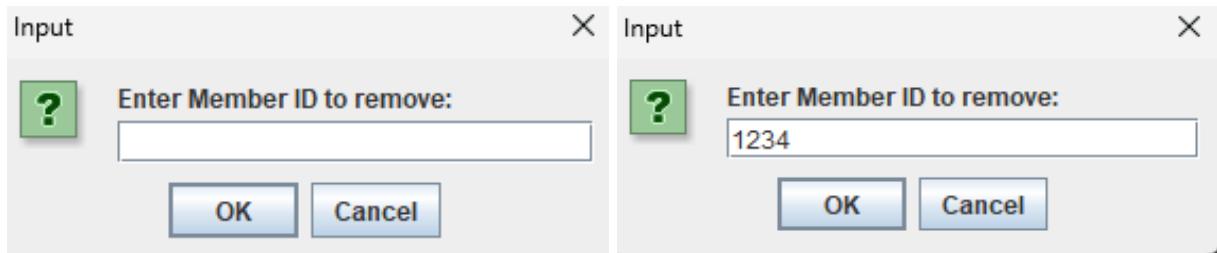
D: 1010
Name: Julia Adams
Email: julia.adams@email.com
Phone: 555-4567
Membership: 3

D: 1234
Name: Angel →
Email: angelangel@enmu.org
Phone: 351-2146
Membership: 1

Selected Remove Member

Click on "Remove Member"

User will be Prompted to **fill out a pop up** which asks for the **The Members ID to Remove**, The User will **click "ok"** and will be prompted with message "are you sure you want to remove [member]?" Click **Yes to remove** and The **Member will be Removed** from the List of Members, else "No" will cancel the action and no changes will be made

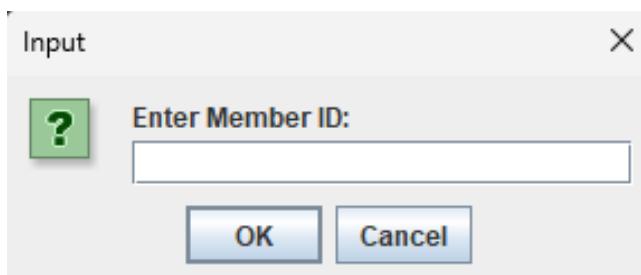


Selected Edit Member

Click on "Edit Member"

User will be Prompted to **fill out a pop up** which asks for the **The Members ID to Edit**, The User will **click "ok"** and The User will be change the Members:

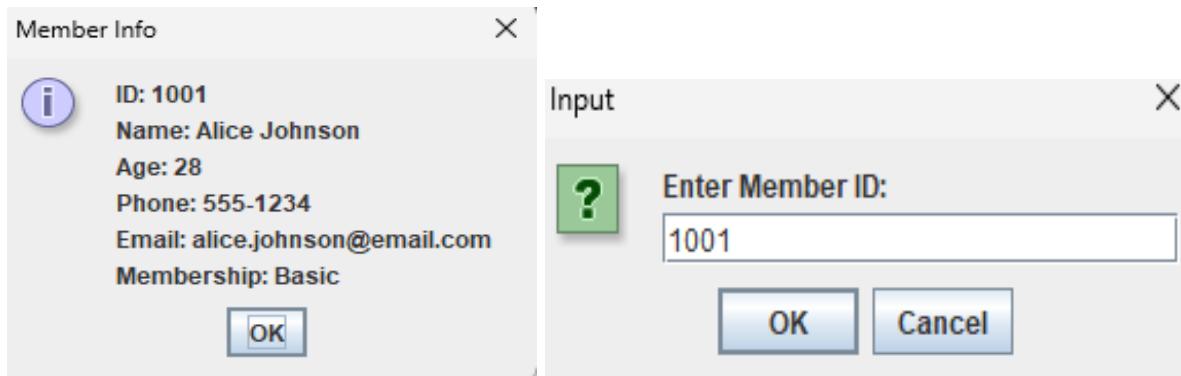
- The Members **Name**
- The Members **Email**
- The Members **Phone Number**
- The **Membership Type**
- The Members **Age**



Selected Search Member

Click on "Search Member"

User will be Prompted to **fill out a pop up** which asks for the **The Members ID to Search**, The User will Enter A Valid Member ID and will be shown the information of the Member with that ID; **Name, Age, Phone, Email, Membership Type.**

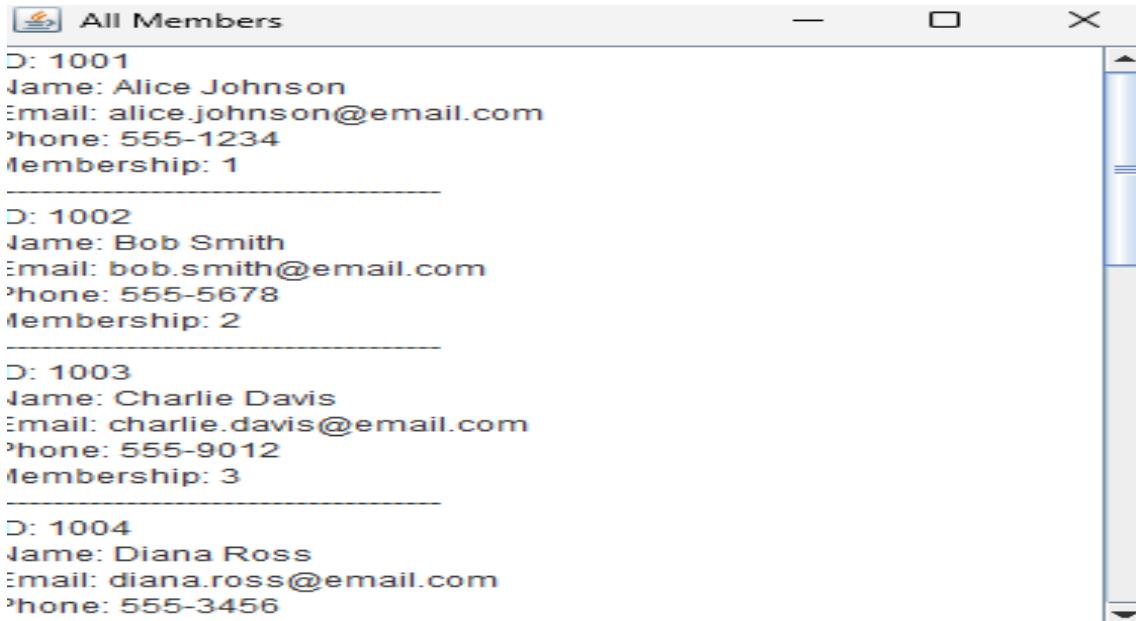


Selected Display All Members

Click on "Display All Members"

User will be Prompted with a list of the Members Information:

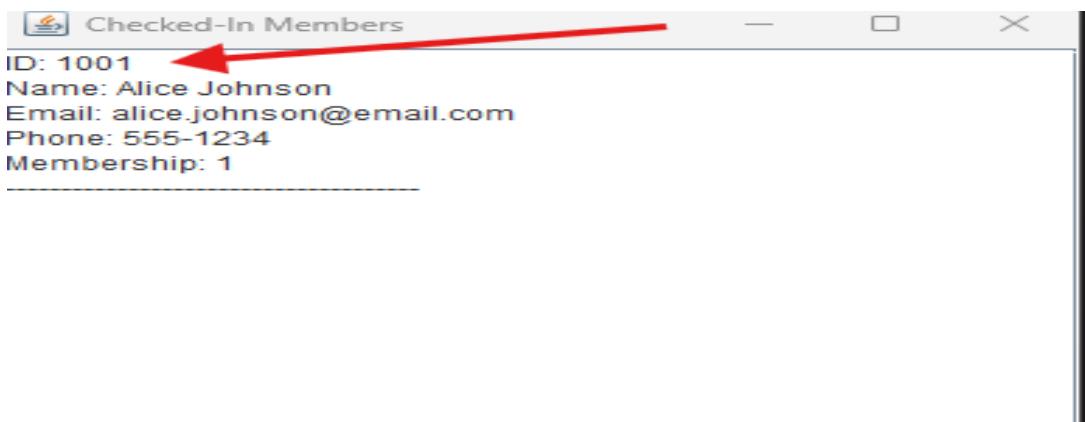
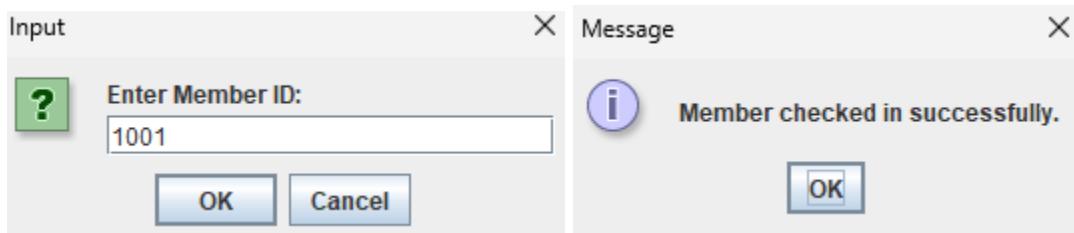
Name, Age, Phone, Email, Membership type.



Selected Check in Member

Click on "Check In Member"

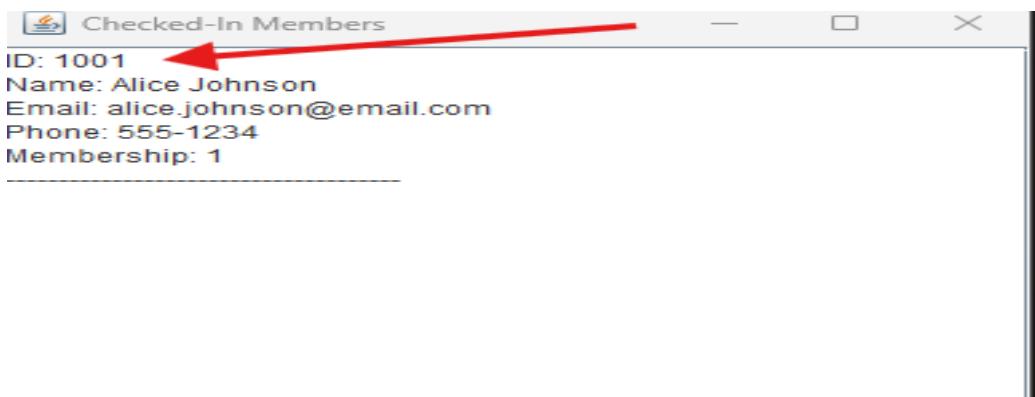
User will be Prompted to **fill out a pop up** which asks for the **Members ID to CheckIn**, The User will Enter A Valid Member ID and will receive a confirmation that the member has been checked in and it **will be shown in Checked in Members List.**



Selected Show Check-in Members

Click on "Show Check-in Members"

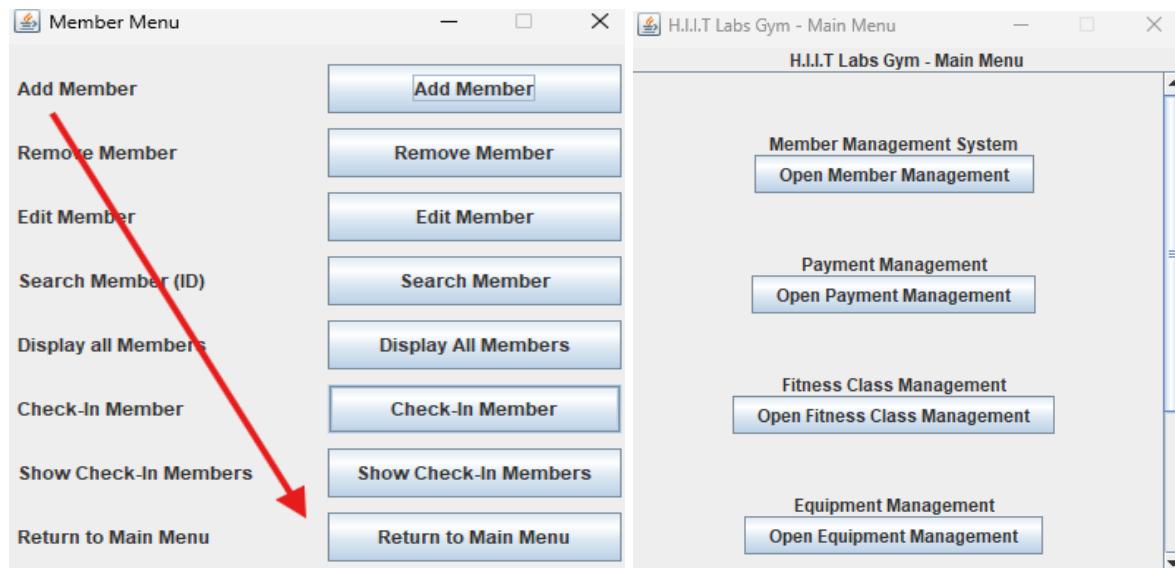
User will be Prompted with a list of the Members who are checked in , and will be show information such as:**Name, Age, Phone, Email, Membership type.**



Selected Return to Main Menu

Click on "Return to Main Menu"

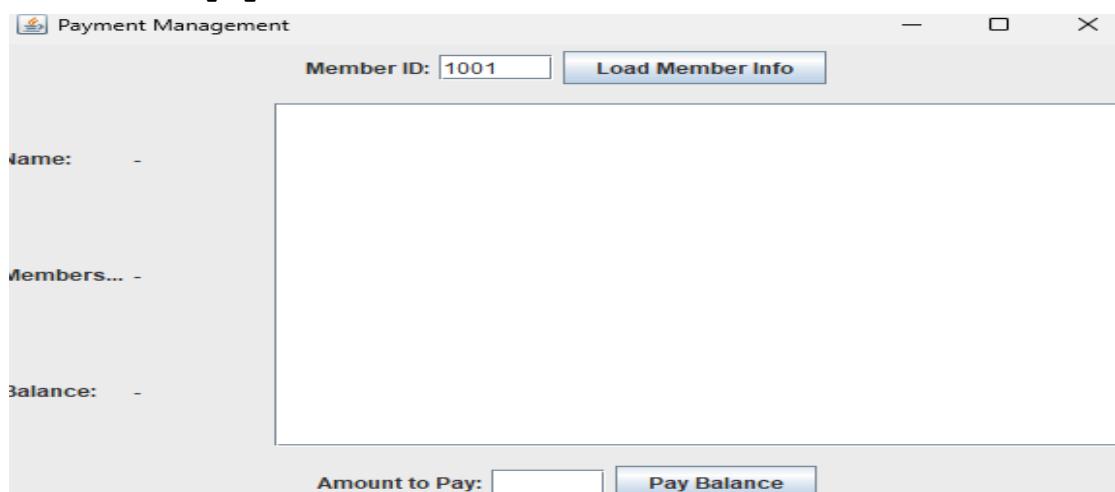
User will be returned to the Main Menu.

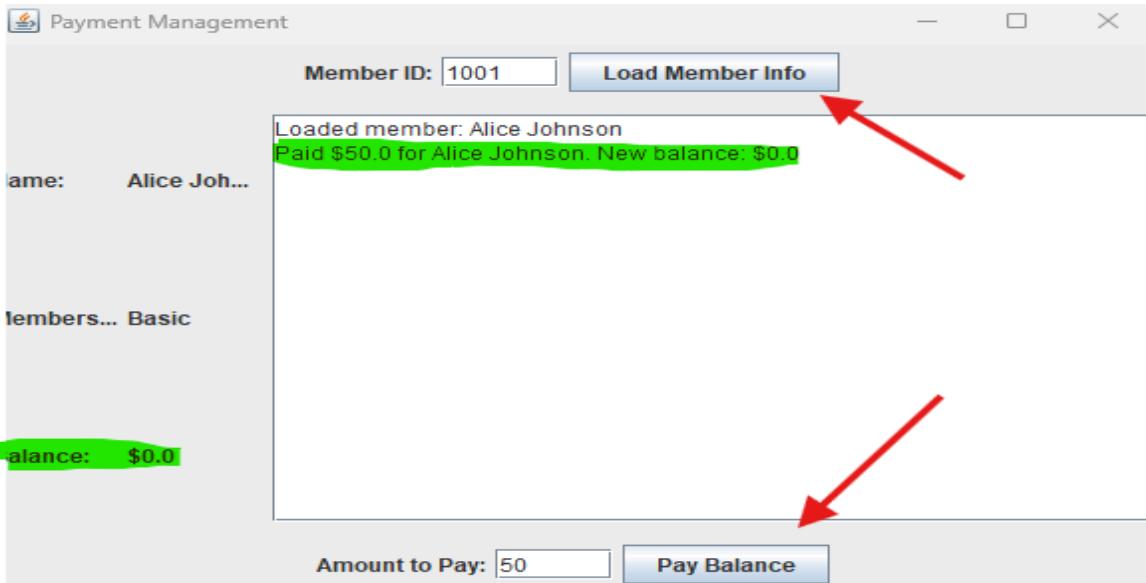


Selected Payment Management

Click on " Open Payment Management"

User will be prompted with a Window asking for a valid Members ID, The User will input a valid ID and he will be shown that members Information, Name, Membership Type and Balance. User will ask the Member what amount of their balance they'd like to pay and input it into the "Amount to Pay window" then pay click balance and the balance will be either cleared or they will have a remaining balance to pay.





After paying the balance, the user can close x tab and will be returned to Main Menu.

Selected Fitness Class Management

Click on "Open Fitness Class Management"

User will be prompted with a Window showing many Options.

User has the option to Add a class, Remove a class, Search for a class, See class schedule and Search a specific Trainer Schedule.



Add class to class schedule

User fills out required fields

Class name, Date, Time, Description and Valid Trainer ID

Click on " Add Class"

Fitness Class Manager

Class Name	Date	Time
Running Man	12/12/25	12:00 AM
Description	Trainer ID	
Marathon challenge	2001	

Class Added: Class: Running Man | Date: 12/12/25 | Time: 12:00 AM | Trainer: Alex Carter | Class Description: Marathon challenge



User clicks Add Class and refreshes

Class should be shown in Class Schedule

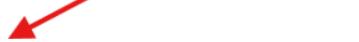
Fitness Class Manager

Class Name	Date	Time
Running Man	12/12/25	12:00 AM
Description	Trainer ID	
Marathon challenge	2001	

Trainer: Isaac Brooks
Date: 2025-12-14
Time: 11:00
Description: Intro to basic martial arts techniques
Enrolled Members: none

Class: Weightlifting Advanced
Trainer: George Thompson
Date: 2025-12-14
Time: 13:00
Description: Advanced lifting techniques for experienced participants
Enrolled Members: none

Class: Running Man
Trainer: Alex Carter
Date: 12/12/25
Time: 12:00 AM
Description: Marathon challenge
Enrolled Members: none



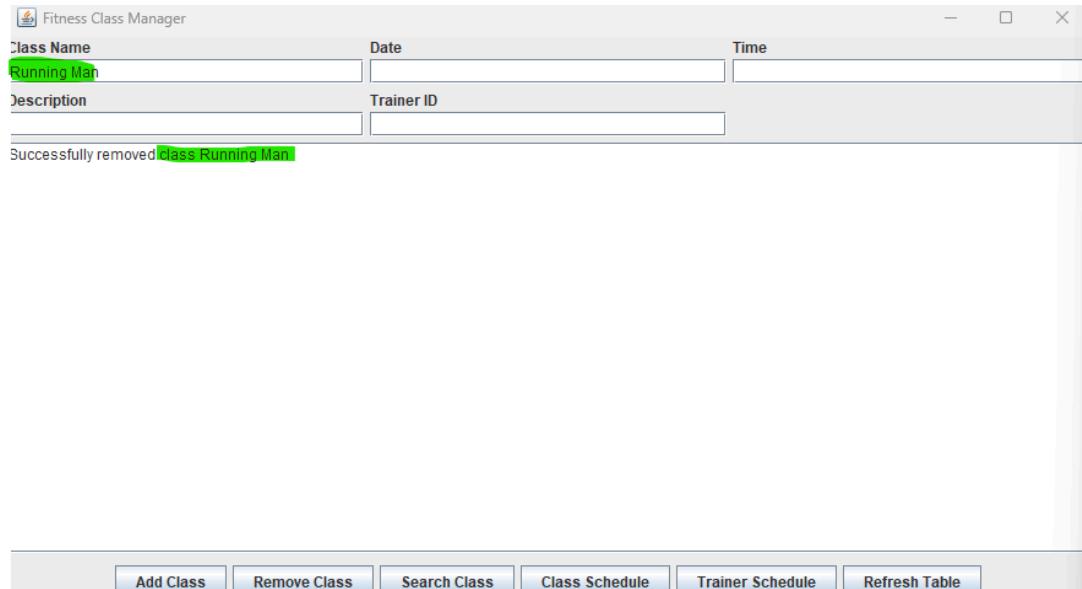
Add Class Remove Class Search Class **Class Schedule** Trainer Schedule Refresh Table

Remove Class

User Inputs Valid Class name to remove

And then **selects Remove Class**

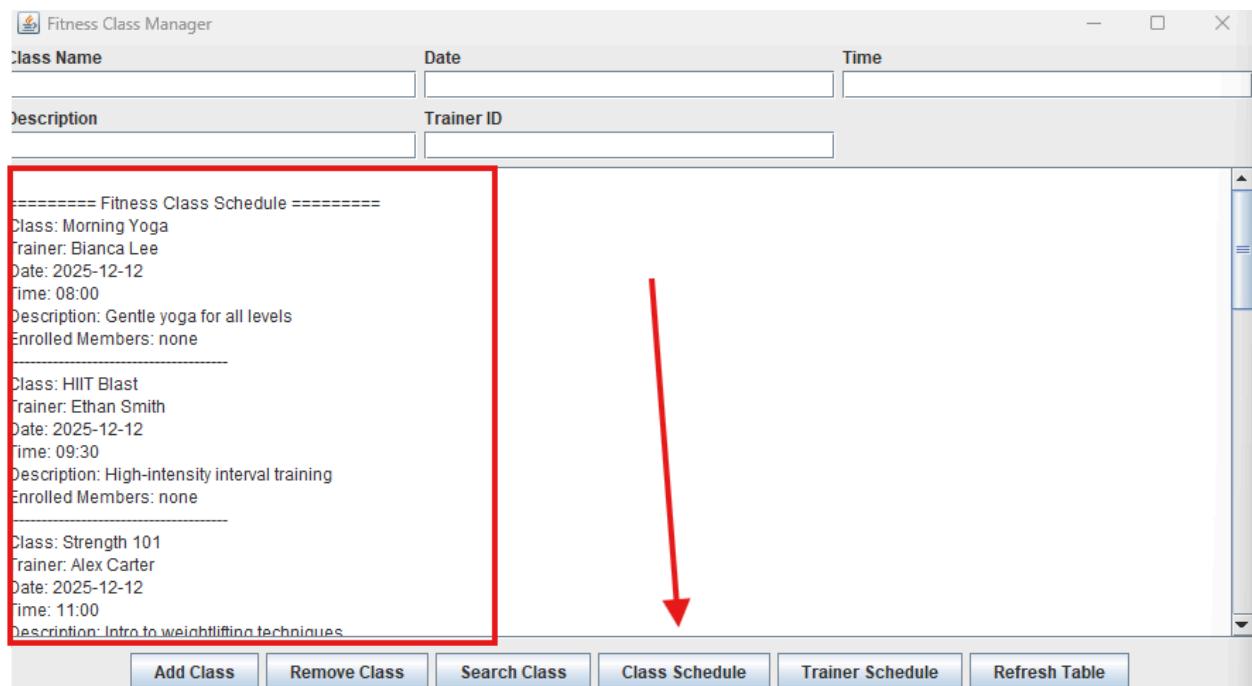
User is shown confirmation that class was removed



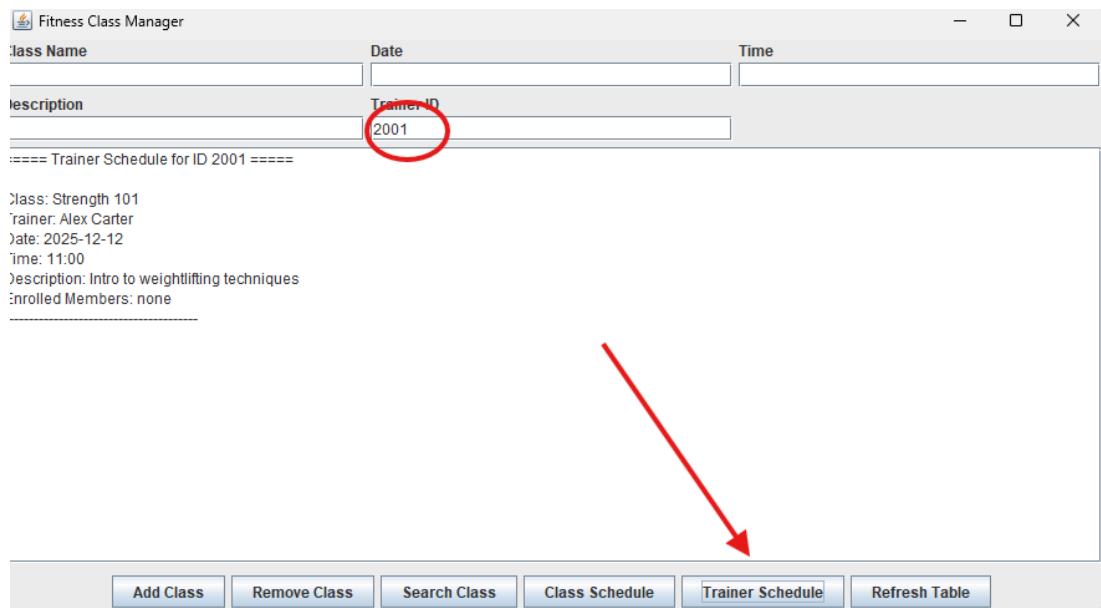
User refreshes to clear information

User clicks Class Schedule

User Is prompted with Class Schedule in window



User refreshes table to clear information
Find Trainer Schedule
User inputs valid trainer ID
Selects trainer schedule button
Window returns Trainer scheduled sessions



User refreshes table to clear information

User selects Refresh Table

Refresh Table to manually clear the table
(User should clear the table after every operation to prevent cluttering)

Selected Equipment Management
Click on " Open Equipment Management"
User will be prompted with a screen and tabs that show Regular Equipment and Specialized Equipment list(s), information includes; Name, ID, Purchase Date and Expected Life for Reg Equipment, and Name, ID, Purchase Date, Expected Life, Start and End time for Specialized Equipment.

Regular Equipment		Specialized Equipment		
No	Name	ID	Purchased	Life(Yrs)
1	Threadmill	1000	12/24/25	3
2	Threadmill	1100	12/24/25	3
3	Threadmill	1110	12/24/25	3
4	Weight Bench	2000	1/19/25	3
5	Weight Bench	2100	1/21/25	3
6	Weight Bench	2110	1/20/25	3
7	Regular Bike	3000	1/4/24	3
8	Regular Bike	3100	6/12/25	3
9	Regular Bike	3110	7/12/23	3

Gym Equipment Manager

Add Equipment	Remove by ID	Update by ID	Search by ID	Show Report (text)	Refresh Tables		
Regular Equipment	Specialized Equipment						
No	Name	ID	Purchased	Life(Yrs)	Date	Start	End
1	Tanning Bed	9000	12/1/25	8	1/23/24	8:00 AM	12:00 PM
2	UnderWaterThre...	9100	12/1/25	8	1/23/24	10:00 AM	2:00 PM
3	Ski Simulator	9110	12/1/25	8	1/23/24	7:00 AM	10:00 AM
4	Golf Simulator	9111	12/1/25	8	1/23/24	10:00 AM	3:00 PM
5	Boat Rowing Sim...	9211	12/1/25	8	1/23/24	10:00 AM	3:00 PM
6	Peloton Bike	9221	1/3/25	8	1/23/24	7:00 AM	10:00 AM

User also has the The Option to Add Equipment, Remove Equipment, Update by ID, Search by ID, Show Report, refresh tables.

(Use Manual Refresh button ONLY in the case that Tables are not up to date (tables should update automatically))

User Clicks Add Equipment Button

User is prompted with options, Select Equipment Type Reg or Special

User is prompted to Enter a Name for the Equipment

User is prompted to Enter a ID for the Equipment

User is prompted to Enter a Avg life for the Equipment

User is prompted to Enter a date of purchase for the Equipment

IF Special Equipment is Selected

Extra: User Fills Start And End time of Specialized Equipment

Add Equipment

Choose equipment type:

Regular Specialized

Input

ID (integer): 1234

OK Cancel

Input

Name:	Threadmill
OK	Cancel

Regular Equipment		Specialized Equipment		
No	Name	ID	Purchased	Life(Yrs)
1	Threadmill	1000	12/24/25	3
2	Threadmill	1100	12/24/25	3
3	Threadmill	1110	12/24/25	3
4	Weight Bench	2000	1/19/25	3
5	Weight Bench	2100	1/21/25	3
6	Weight Bench	2110	1/20/25	3
7	Regular Bike	3000	1/4/24	3
8	Regular Bike	3100	6/12/25	3
9	Regular Bike	3110	7/12/23	3
10	Threadmill	1234	1/1/24	3

User Clicks Remove By ID

User is Prompted to enter a Valid Equipment Id to remove

User confirms choice and is prompted with a confirmation "Removed"

Input

Enter ID to remove:	
OK	Cancel

Input

Enter ID to remove:	
1234	
OK	Cancel

Message

i Removed.
OK

User Clicks Remove By ID

User is Prompted to enter a Valid Equipment Id to Update

Depending if Equipment is Special or Regular

User fills out the following fields, Name, ID, Purchase Date and Expected Life for Reg Equipment, and Name, ID, Purchase Date, Expected Life, Start and End time for Specialized Equipment.

Pop up will confirm the updated equipment.

Input

New name (leave blank to keep):
Water Bed

OK Cancel

Input

New average life (leave blank to keep):
8

OK Cancel

Input

New start time (leave blank to keep):
8:00 AM

OK Cancel

Message

Updated.

OK

User Clicks Search by ID

User is Prompted to enter a Valid Equipment Id to Search
The user inputs a Valid ID and is given information about Equipment Piece.

Input

Enter ID to search:
9000

OK Cancel

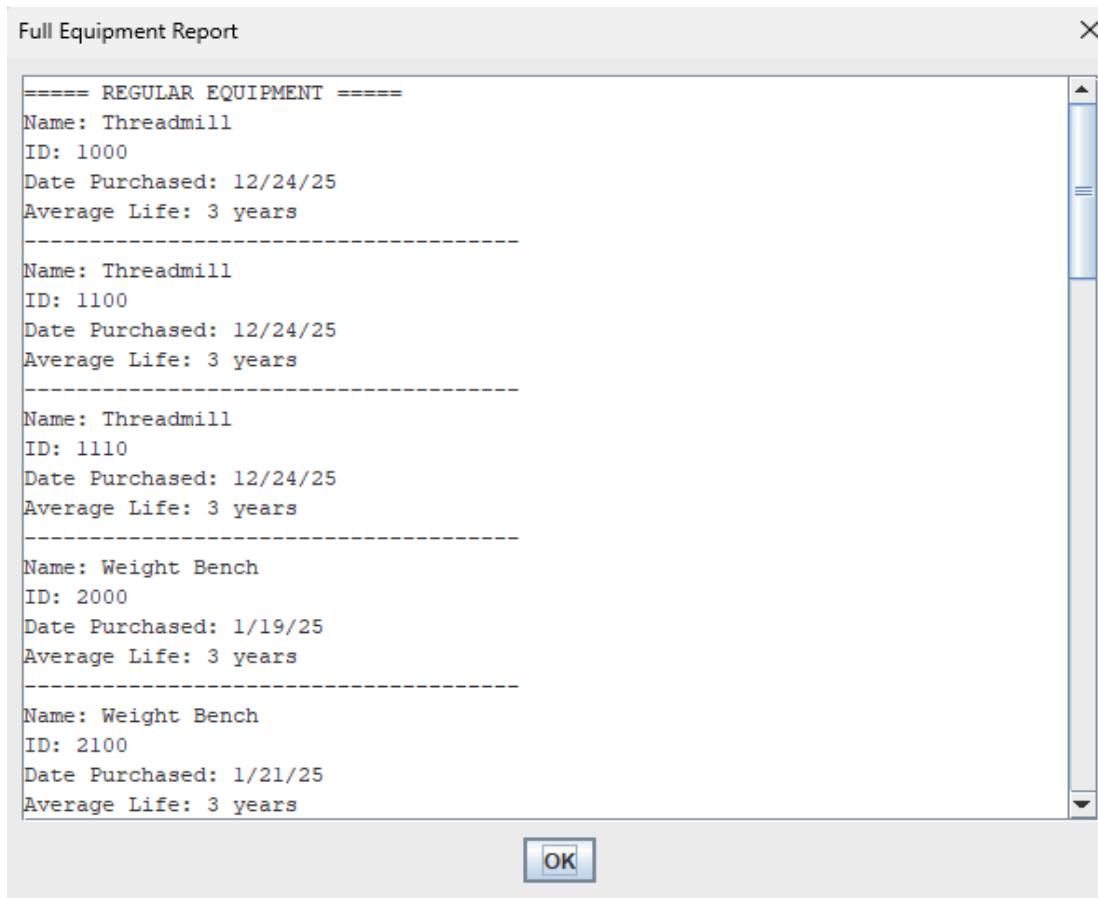
Search Result

i Name: Water Bed, ID: 9000, Purchased: 12/1/25, Life: 8 yrs, Date: 1/23/24, Start: 8:00 AM, End: 12:00 PM

OK

User Clicks Show Report (text)

User is Prompted with a pop up window that shows all the equipment as a report



Selected Trainer Management

Click on " Open Trainer Management"

You will be prompted with a window and buttons allowing you to Add Trainer, Update Trainer info, remove Trainer, search for trainer, Trainer List, and refresh

To add a Trainer

Fill out the blank text spaces corresponding to what they ask
ID for Trainer ID, Name For Trainer Name, Age, Phone Number, rank and Specialty, once filled out **confirm by pressing add and then refresh to prevent clutter**

Trainer Manager

ID	Name	Age
1239	Juanita	25
Phone	Rank (1-3)	Specialty
2123-1211	1	Karate

Trainer Added: ID: 1239 | Name: Juanita | Age: 25 | Phone: 2123-1211 | Rank: General Staff | Specialty: Karate



Add Update Remove Search Trainer List Refresh

To update Trainer info

Enter valid trainer ID

Enter Name to update, Age to update, phone to update, rank to update, Specialty to update, then refresh to prevent clutter.

Trainer Manager

ID	Name	Age
1239	Juanita	30
Phone	Rank (1-3)	Specialty
1111-1111	2	Black Belt Karate

Updated trainer ID: 1239 | Name: Juanita | Age: 30 | Phone: 1111-1111 | Rank: Assistant Manager | Specialty: Black Belt Karate



Add Update Remove Search Trainer List Refresh

To Remove Trainer

Fill out Trainer ID text space with a Valid ID

Then select the remove button

To remove trainer, refresh to prevent clutter

The screenshot shows a Windows application window titled "Trainer Manager". Inside, there is a table with columns for Name, Age, Phone, Rank (1-3), and Specialty. A row is selected, highlighted with a green background, containing the values: Name "239", Age "", Phone "Home", Rank (1-3) "2", and Specialty "removed trainer 1239". Below the table is a toolbar with buttons for Add, Update, Remove, Search, Trainer List, and Refresh. A large red arrow points downwards from the top of the page towards the "Remove" button on the toolbar.

To Search for Trainer

Fill out Trainer ID text space with a Valid ID

Then select the Search button

User will be prompted with the Information of that Trainer

refresh to prevent clutter

The screenshot shows the same "Trainer Manager" application window. In the search bar at the top, the ID "2001" is entered. The table below shows one result: Name "Alex Carter", Age "32", Phone "Home", Rank (1-3) "2", and Specialty "Strength Training". Below the table, a message states "Found trainer: ID: 2001 | Name: Alex Carter | Age: 32 | Phone: 555-1010 | Rank: Assistant Manager | Specialty: Strength Training". At the bottom of the window is a toolbar with buttons for Add, Update, Remove, Search, Trainer List, and Refresh.

Selecting Trainer List will prompt the program to show
The list of Trainers and then refresh to prevent clutter

Trainer Manager

ID	Name	Age
2001	Alex Carter	32
Phone	Rank (1-3)	Specialty
555-1010	2	Strength Training

Trainer List

D: 2001 | Name: Alex Carter | Age: 32 | Phone: 555-1010 | Rank: Assistant Manager | Specialty: Strength Training
D: 2002 | Name: Bianca Lee | Age: 28 | Phone: 555-1020 | Rank: General Staff | Specialty: Yoga
D: 2003 | Name: Carlos Rivera | Age: 40 | Phone: 555-1030 | Rank: Manager | Specialty: Cardio & Endurance
D: 2004 | Name: Dana Kim | Age: 35 | Phone: 555-1040 | Rank: Assistant Manager | Specialty: Pilates
D: 2005 | Name: Ethan Smith | Age: 30 | Phone: 555-1050 | Rank: General Staff | Specialty: HIIT
D: 2006 | Name: Fiona Adams | Age: 27 | Phone: 555-1060 | Rank: General Staff | Specialty: Functional Training
D: 2007 | Name: George Thompson | Age: 45 | Phone: 555-1070 | Rank: Manager | Specialty: Weightlifting
D: 2008 | Name: Hannah White | Age: 33 | Phone: 555-1080 | Rank: Assistant Manager | Specialty: CrossFit
D: 2009 | Name: Isaac Brooks | Age: 38 | Phone: 555-1090 | Rank: Assistant Manager | Specialty: Martial Arts
D: 2010 | Name: Julia Patel | Age: 29 | Phone: 555-1100 | Rank: General Staff | Specialty: Dance Fitness

↓

Add Update Remove Search Trainer List Refresh

To exit click on X on the top corner and exit to Main Menu

Selected Employee Management

Click on " Open Employee Management"

You will be prompted with a window and buttons allowing you to Add Staff, Update Staff info, remove Staff, search for Staff, and show staff list.

Staff Manager

ID	Name	Age
Phone	Rank (1-3)	

Add Update Remove Search Staff List

To add a Staff

Fill out the blank text spaces corresponding to what they ask ID for Staff ID, Name For Staff Name, Age, Phone Number, and rank, once filled out **confirm by pressing add**. A message confirming the addition of the staff member will show

Staff ID	Name	Age
234	Carlos	19
Phone	Rank (1-3)	
281-2357	3	

Staff member added: ID: 1234 | Name: Carlos | Age: 19 | Phone: 281-2357 | Rank: Manager

Add Update Remove Search Staff List

To update Staff info

Enter valid Staff ID

Enter Name to update, Age to update, phone to update, and rank to update, Confirmation will show changes.

Staff ID	Name	Age
1234	Carlos	19
Phone	Rank (1-3)	
281-2357	3	

Staff member added: ID: 1234 | Name: Carlos | Age: 19 | Phone: 281-2357 | Rank: Manager

Staff member updated: 1234

Add Update Remove Search Staff List

To Remove Staff

Fill out Staff ID text space with a Valid ID

Then select the **remove button** To remove Staff.

Staff Manager

ID	Name	Age
234		

Phone Rank (1-3)

Staff List

D: 1001 | Name: Alice Johnson | Age: 30 | Phone: 555-1234 | Rank: General Staff
D: 1002 | Name: Bob Smith | Age: 45 | Phone: 555-5678 | Rank: Assistant Manager
D: 1003 | Name: Carol Williams | Age: 28 | Phone: 555-8765 | Rank: Manager
D: 1004 | Name: David Brown | Age: 38 | Phone: 555-4321 | Rank: Assistant Manager
D: 1005 | Name: Eve Davis | Age: 25 | Phone: 555-1357 | Rank: General Staff
D: 1006 | Name: Frank Miller | Age: 50 | Phone: 555-2468 | Rank: Manager
D: 1007 | Name: Grace Wilson | Age: 33 | Phone: 555-9753 | Rank: Assistant Manager
D: 1234 | Name: Carlos | Age: 43 | Phone: 1231-1221 | Rank: General Staff

Staff member removed: 1234

Add Update Remove Search Staff List



****No Longer There****

To Search for Staff

Fill out Staff ID text space with a Valid ID

Then **select the Search button**

User will be prompted with the Information of that Trainer

Staff Manager

ID	Name	Age
1001	Alice Johnson	30

Phone Rank (1-3)

1

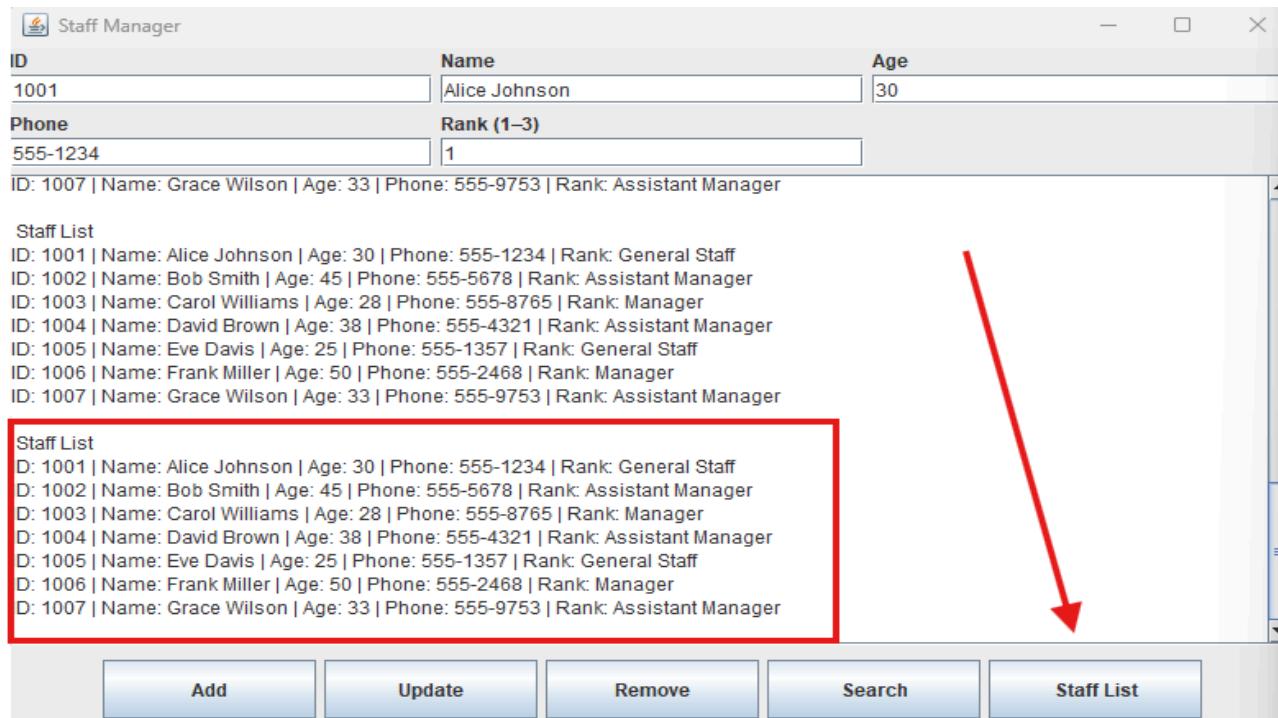
Staff List

D: 1001 | Name: Alice Johnson | Age: 30 | Phone: 555-1234 | Rank: General Staff
D: 1002 | Name: Bob Smith | Age: 45 | Phone: 555-5678 | Rank: Assistant Manager
D: 1003 | Name: Carol Williams | Age: 28 | Phone: 555-8765 | Rank: Manager
D: 1004 | Name: David Brown | Age: 38 | Phone: 555-4321 | Rank: Assistant Manager
D: 1005 | Name: Eve Davis | Age: 25 | Phone: 555-1357 | Rank: General Staff
D: 1006 | Name: Frank Miller | Age: 50 | Phone: 555-2468 | Rank: Manager
D: 1007 | Name: Grace Wilson | Age: 33 | Phone: 555-9753 | Rank: Assistant Manager
D: 1234 | Name: Carlos | Age: 43 | Phone: 1231-1221 | Rank: General Staff

Staff member removed: 1234

Add Update Remove Search Staff List

**Selecting Staff List button will prompt the program to show
The list of Staff**



To exit click on X on the top corner and exit to Main Menu