User Documentation – Final Sprint Gym Management System

# 1. What is this Program?

This is a computer program that helps manage a gym. It runs in a black and white window called a console (like Command Prompt). This program lets three types of people use it:

- Admins (people who manage the whole system)  
- Trainers (gym staff who run classes)  
- Members (regular people who go to the gym)  
  
The program lets you register yourself, log in, and do tasks depending on what kind of user you are.

# 2. How the Program Works (Behind the Scenes)

When you use this program, it saves your info into a secure place called a database. This is like a filing cabinet for the computer. The program also makes sure your password is safe and locked using something called encryption (you don’t need to do anything – it works automatically).

Here are the important parts of the system and what they do:

• User: This is the basic profile for anyone using the gym system.

• Admin / Trainer / Member: These are special types of users who can do different things.

• Membership: This is what you buy when you want to join the gym.

• WorkoutClass: This is a gym class, like yoga or weightlifting, led by a trainer.

• Services: These are like helpers that handle the logic and tell the program what to do with each feature.

• DAOs: These are behind-the-scenes tools that talk to the database and save or load data.

# 3. Class Diagram (What Connects to What)

Here’s a simple idea of how things connect:  
  
- Admin, Trainer, and Member all come from the main 'User' class.  
- WorkoutClass connects to Trainer (because trainers create classes).  
- Membership connects to both Trainer and Member (because they both can buy memberships).  
- All the important info is stored in a database.

A diagram of a program

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# 4. How to Use the System (Step by Step)

Follow these steps to use the program. Don’t worry – it’s all typing, no clicking!

**Step 1:** Open the program using your computer terminal or console (or just click 'Run' in IntelliJ/VS Code).

  


**Step 2:** You will see a message asking if you want to Login, Register, or Exit.

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**Step 3:** Choose 'Register' and type in your name, email, password, and choose your role (Admin, Trainer, or Member).

A screen shot of a computer

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**Step 4:** After registering, go back and choose 'Login'. Enter your email and password.



**Step 5:** Now you will see a menu based on your role. For example, if you are a Member, you will see options like 'Browse workout classes', 'Buy membership', etc.

A screenshot of a computer screen

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**Step 6:** Type the number beside the action you want to take and press Enter. The system will guide you through the rest.

A screen shot of a computer

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**Step 7:** When you are done, type '0' to exit.

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