1. View Schedule:

Access their coaching schedule, including upcoming sessions, appointments, and classes they are leading.

1. Manage Appointments:

Schedule and manage one-on-one coaching sessions or consultations with individual members.

Accept or decline appointment requests from members based on availability.

1. Lead Group Classes:

Conduct and lead group fitness classes, such as HIIT sessions, yoga classes, or specialized training programs.

Manage class attendance and ensure a positive and engaging experience for participants.

1. Provide Personalized Training:

Create and assign personalized workout plans or training programs tailored to each member's fitness goals, preferences, and abilities.

Monitor member progress, track performance metrics, and adjust training regimens as needed.

1. Communicate with Members:

Interact with members through the app to provide guidance, support, and feedback on their fitness journey.

Answer questions, address concerns, and offer motivational encouragement to keep members engaged and motivated.

1. Track Member Progress:

Monitor member progress and achievements over time, including improvements in strength, endurance, flexibility, and overall fitness level.

Record and track workout results, milestones, and goal achievements to celebrate member success.

1. View Member Profiles:

Access member profiles to review their fitness history, preferences, and any relevant medical or injury information.

Gain insights into members' fitness goals, challenges, and areas for improvement to provide personalized support.

1. Access Resources and Tools:

Utilize resources and tools within the app, such as exercise libraries, nutrition guides, and workout templates, to enhance coaching services and support member goals.

1. Manage Availability:

Set and update their availability for coaching sessions, classes, and appointments.

Adjust schedules and availability based on personal preferences, workload, and other commitments.

1. Receive Notifications:

Receive notifications for new appointment requests, class bookings, member inquiries, or schedule changes.

Stay informed about upcoming sessions, cancellations, and other relevant updates.

1. Provide Feedback to Gym Management:

Offer feedback and suggestions to gym management regarding class schedules, facilities, equipment, and other aspects of the gym environment to improve the overall member experience.