

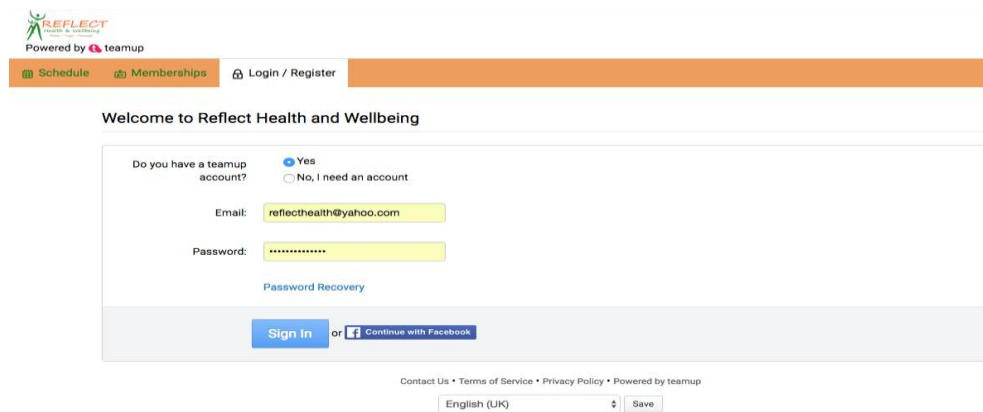
Setting Up a Reflect Health and Wellbeing Account and Logging In

To be able to log register for a class you will first need to sign up to Reflect health and Wellbeing, you can do this by following the link

<https://goteamup.com/p/1348553-reflect-health-and-wellbe/>

or by going through the website www.reflecthealth.co.uk.

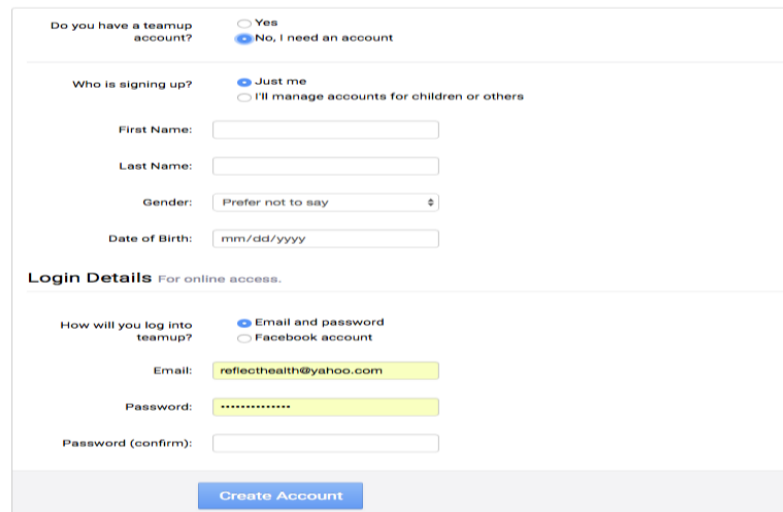
1. Click the 'Login/Register' tab at the top of the Page.
2. Either select 'Yes' to already having a Reflect Health and Wellbeing account where you can log straight in.
3. Or select 'No, I need an account', where you can input all of your details and create an account.



The screenshot shows the Reflect Health and Wellbeing website interface. At the top, there is a navigation bar with 'Schedule', 'Memberships', and 'Login / Register' tabs. Below the navigation bar, the text 'Welcome to Reflect Health and Wellbeing' is displayed. The main content area contains a registration form with the following elements:

- A question: "Do you have a teamup account?" with radio buttons for "Yes" (selected) and "No, I need an account".
- An "Email:" field containing "reflecthealth@yahoo.com".
- A "Password:" field with masked characters.
- A "Password Recovery" link.
- Buttons for "Sign in" and "Continue with Facebook".
- Footer text: "Contact Us • Terms of Service • Privacy Policy • Powered by teamup".
- A language dropdown menu set to "English (UK)" and a "Save" button.

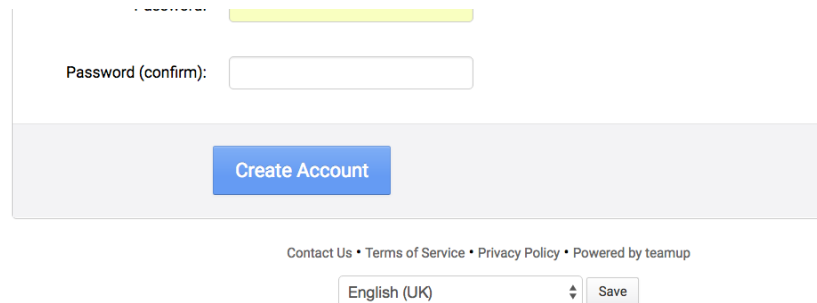
4. Once you click 'No' it will prompt you to fill out an information form with the relevant details to be able to set up your Reflect Health and Wellbeing account.



The screenshot shows the registration form for a Reflect Health and Wellbeing account. The form is titled "Do you have a teamup account?" and "Who is signing up?". The "No, I need an account" option is selected. The form includes the following fields and options:

- Radio buttons for "Yes" and "No, I need an account" (selected).
- Radio buttons for "Just me" (selected) and "I'll manage accounts for children or others".
- Text input fields for "First Name:", "Last Name:", and "Date of Birth:" (format: mm/dd/yyyy).
- A dropdown menu for "Gender:" with the option "Prefer not to say".
- A section titled "Login Details For online access." with radio buttons for "Email and password" (selected) and "Facebook account".
- Text input fields for "Email:" (containing "reflecthealth@yahoo.com"), "Password:" (masked), and "Password (confirm):".
- A "Create Account" button at the bottom.

5. Once all of the relevant details have been inputted Click the 'Create Account' button at the bottom of the page and this should create your Reflect Health and Wellbeing Account.



The screenshot shows a registration form with a yellow highlighted input field at the top, a 'Password (confirm):' label next to an empty text box, and a blue 'Create Account' button. Below the form, there are links for 'Contact Us', 'Terms of Service', and 'Privacy Policy', followed by 'Powered by teamup'. At the bottom, there is a language dropdown menu set to 'English (UK)' and a 'Save' button.

6. After you have registered you will need to click the 'Forms and Waiver' tab at the top of the page and complete these.

Completing Waivers, Questions and Contact Information

Before you can book onto a class you will need to complete a waiver, questions, and emergency contact information. This information will need to be completed before any purchase, or registration can be made and you will automatically be guided to this section when you try to perform one of these actions.

Note. You will only need to complete each requirement once.

Signing the waiver

There is a 3-step process to this and all 3 steps must be completed to move on to the next requirement.

1. Check the checkbox (which is the small box on the top left)

Please read the waiver and accept it by following the directions below.

Check the checkbox, write your name, and click "Sign Waiver" to sign the waiver.

I have read, understood and answered all questions to the best of my ability and know that I should not participate in exercise if I feel unwell. I also agree to inform an instructor if my health changes at anytime during the class.

I undertake to use the studio/facilities to exercise only in accordance with the instructions of the fitness professional.

I acknowledge that any use of the facilities and the equipment and participation in exercise is entirely at my own risk.

Parents that are attending a class allowing children to attend are doing so at their own risk. The parent is fully responsible for their child at all times throughout the session.

We may take photos/short videos for advertising purposes, signing this form gives us permission to use this footage. We never take close ups without prior agreement.

2. Write your name

Please read the waiver and accept it by following the directions below.

Check the checkbox, write your name, and click "Sign Waiver" to sign the waiver.

I have read, understood and answered all questions to the best of my ability and know that I should not participate in exercise if I feel unwell. I also agree to inform an instructor if my health changes at anytime during the class.

I undertake to use the studio/facilities to exercise only in accordance with the instructions of the fitness professional.

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3. Click "Sign waiver"

Please read the waiver and accept it by following the directions below.

Check the checkbox, write your name, and click "Sign Waiver" to sign the waiver.

I have read, understood and answered all questions to the best of my ability and know that I should not participate in exercise if I feel unwell. I also agree to inform an instructor if my health changes at anytime during the class.

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Questions

You will be required to answer all questions in this section and dependant on the question you may be required to add an explanation to provide more understanding for your instructors.

1. Once you have answered each question, this should automatically submit the question.
2. If not you can click the 'submit' button beside it to confirm your answer. You know these answers have been accepted when the submit button changes to a small green pencil.
3. If you need to edit an answer, click the button with the small green pencil to the side of it.

Do you have a heart condition?

Have you ever felt pain in your chest when you do physical activity?

Have you ever suffered shortness of breath at rest or with mild physical activity?

Is your doctor currently prescribing you medication? If yes please state.

Do you suffer from any of the following conditions, Fibromyalgia, ME, MS?

Have you had any major surgery in the past? E.g. hip replacement, knee replacement, heart surgery, etc...

Have you or are you suffering with neck or spinal issues? E.g. Sciatica.

Are you pregnant or had a baby within the last 6 weeks?

Do you tend to lose consciousness or fall over as a result of dizziness?

Are there any other health issues or medical conditions (that have not already been listed) you feel we should be made aware of?

Where did you hear about Class?

What are your reasons for attending? What would you like to achieve? What are your goals?

What type of exercise are you currently participating

4. Once all questions have been answered and all of the submit buttons have been clicked the sit will automatically take you to the contact section.

Contact/Emergency Contact information

All fields will need to be completed within these sections.

1. Firstly you will have the fill in all the fields for **your** contact details.
2. Once all fields have been filled in click the blue submit box at the bottom of the page.

Please provide contact details

First Name

Last Name

Phone Number

Country

Address 1

Address 2

City

Region

Postcode

Gender

DOB

3. This will then take you to the 'Emergency Contact' section where you will need to fill out your emergency contact details.
4. Once filled out click the submit button at the bottom.

1 Waiver 2 Questions 3 Contact Information 4 Emergency Contact 5 Complete

Please provide emergency contact details

Emergency Contact Name

Emergency Contact's Phone Number

Relationship

5. This should complete all of the waivers/questions/contact details that you need to input and you can now browse the memberships or classes.

Purchasing a Membership

1. First head to the 'Membership' tab at the top of the page, this is where all memberships will be listed for you.
2. Once you have decided on a membership, click buy in the blue box at the side.

All Memberships

12 Month Package - 1 Class a Week

This is a 12 month package for those who can commit to one class a week. The monthly investment will be £23 which works out to be just £5 a class. You will see and feel the results within 4 - 8 months.

£23.00 per month

Buy

6 Month Package - 1 Class a Week

This is a 6 month package for those who can commit to one class a week. The monthly investment will be £27 which works out to be just £4.50 a class. You will see and feel the results within 4 - 8 months.

£27.00 per month

Buy

3 Month Package - 1 Class a Week

This is a 3 month package for those who can commit to one class a week. The monthly investment will be £30 which works out to be just £7 a class. You will see and feel the results within 4 - 8 months.

£30.00 per month

Buy

12 Month Package - 2 Classes a Week

This is a 12 month package for those who can commit to two classes a week. The monthly investment will be £41 which works out to be just £4.50 a class. You will see and feel the results within 3 - 6 months.

£41.00 per month

Buy

6 Month Package - 2 Classes a Week

This is a 6 month package for those who can commit to two classes a week. The monthly investment will be £50 which works out to be just £5.50 a class. You will see and feel the results within 3 - 6 months.

£50.00 per month

Buy

Before you complete the purchase, you'll now be able to see the description and the terms and Conditions of the membership. Please make sure you have read these thoroughly, as by purchasing the membership, you are agreeing to the T&C's of the membership.

3. Once happy with your choice, click 'Purchase'

12 Month Package - 1 Class a Week

This is a 12 month package for those who can commit to one class a week. The monthly investment will be £23 which works out to be just £5 a class. You will see and feel the results within 4 - 8 months.

£23.00 per month. 12 billing cycles minimum, then continues one cycle at a time.
[Terms and conditions](#)

Discount Code
If you have a discount code, enter it here and click "Apply".

Recurring Payment	Membership: 12 Month Package - 1 Class a Week	£23.00
The amount billed for recurring payments in the future.		£23.00

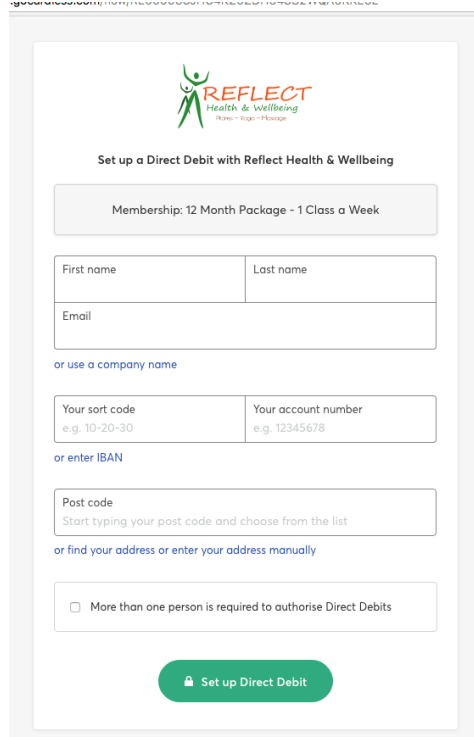
Excludes the first payment. 12 billing cycles minimum, then continues one cycle at a time. First full period begins on the membership's start date.


First Payment	Membership Payment: 12 Month Package - 1 Class a Week	£23.00
These items will be charged immediately.		£23.00

Payment Option **Pay by Direct Debit via GoCardless**

There is not yet a SEPA Direct Debit mandate between Angie Gorman and Reflect Health and Wellbeing.
You will be redirected to GoCardless where you can securely set up a mandate.

4. You will be taken to a page where you will need to fill in all of you card details to set up a direct debit.




Set up a Direct Debit with Reflect Health & Wellbeing

Membership: 12 Month Package - 1 Class a Week

First name Last name
Email

or use a company name


Your sort code Your account number
e.g. 10-20-30 e.g. 12345678

or enter IBAN

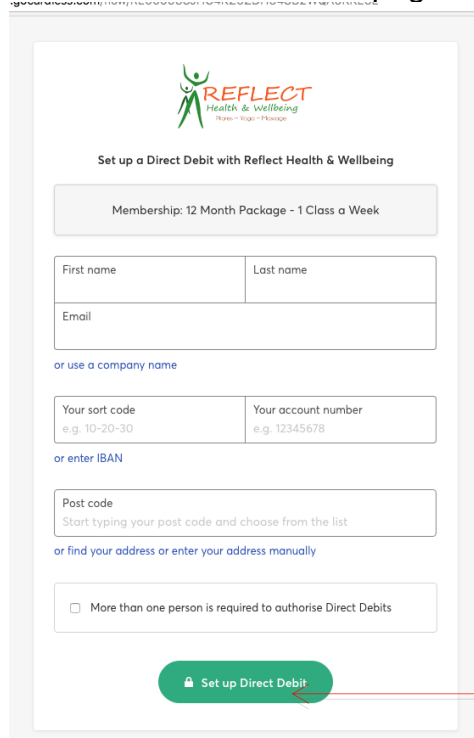
Post code
Start typing your post code and choose from the list


or find your address or enter your address manually

More than one person is required to authorise Direct Debits



5. There is a small box on the page asking whether 'More than one person is required to authorize Direct Debits'. This only needs to be ticked if you are not using your own bank account, or if you require authorization from someone else to use your account.
6. Once all information is inputted correctly click the green 'Set up Direct Debit' at the bottom of the page.




Set up a Direct Debit with Reflect Health & Wellbeing

Membership: 12 Month Package - 1 Class a Week

First name Last name
Email

or use a company name


Your sort code Your account number
e.g. 10-20-30 e.g. 12345678

or enter IBAN

Post code
Start typing your post code and choose from the list


or find your address or enter your address manually

More than one person is required to authorise Direct Debits



Registering for a Class

1. Login to your Reflect Health and Wellbeing account.
2. Head to the 'Schedule' tab. From here you will be able to see the classes available for registration.

Fitness Business
Powered by  teamup Mitch Tate ▾

Dashboard | My Account | **Schedule** | Memberships | Courses | Store

List | Week | Month

← 09 May - 15 May →

Unlimited Monthly (check usage). Your upcoming session count: 0

Mon 9 May	Tue 10 May	Wed 11 May	Thu 12 May	Fri 13 May	Sat 14 May	Sun 15 May
10:00						
Strength Tim Green 10:00-11:00 0/10	Strength Tim Green 10:00-11:00 0/10	Strength Tim Green 10:00-11:00 0/10	Strength Tim Green 10:00-11:00 0/10	Strength Tim Green 10:00-11:00 0/10	Strength Tim Green 10:00-11:00 0/10	Strength Tim Green 10:00-11:00 0/10
Yoga Tim Green 10:00-11:00 0/10	Yoga Tim Green 10:00-11:00 0/10	Small Group Strength Tim Green 10:00-11:00 0/8				
	Small Group Strength Tim Green 10:00-11:00 0/8					
13:00						
Personal Training Tim Green 13:00-17:00 0/1	Personal Training Tim Green 13:00-17:00 0/1	Personal Training Tim Green 13:00-17:00 0/1	Personal Training Tim Green 13:00-17:00 0/1	Personal Training Tim Green 13:00-17:00 0/1	Personal Training Tim Green 13:00-17:00 0/1	
18:00						
Zumba 18:00-19:00 1/15			Zumba 18:00-19:00 1/15	Zumba 18:00-19:00 0/15		

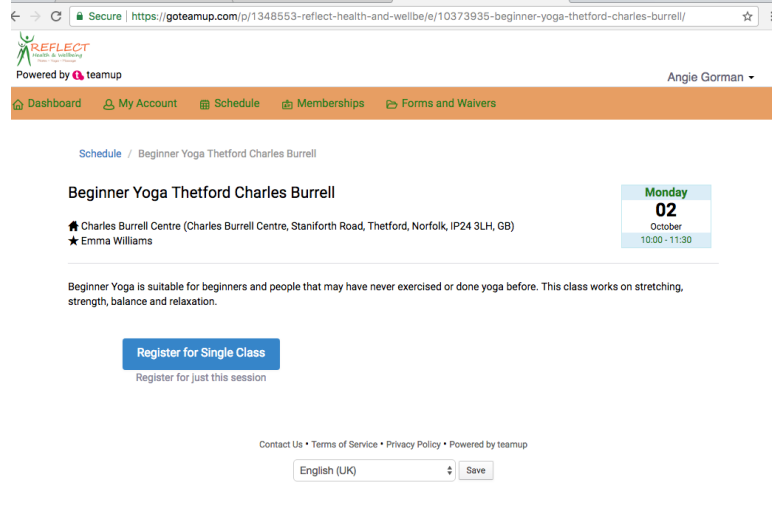
Tip. You can view the schedule as a list, week or monthly view, and as Reflect Health has more than one venue you can filter the classes per venue too.


List | Week | Month

← May 2016 →

All Venues ▾

3. Once you have found the class you wish to register to, simply click on it and you will see a full description of the class selected, including date, time, venue and price.
4. If you have a valid membership for the type of class selected then the can click 'register for single class' to book your place instantly.



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Dashboard My Account Schedule Memberships Forms and Waivers

Schedule / Beginner Yoga Thetford Charles Burrell

Beginner Yoga Thetford Charles Burrell

Charles Burrell Centre (Charles Burrell Centre, Stanforth Road, Thetford, Norfolk, IP24 3LH, GB)
★ Emma Williams

Monday 02
October
10:00 - 11:30

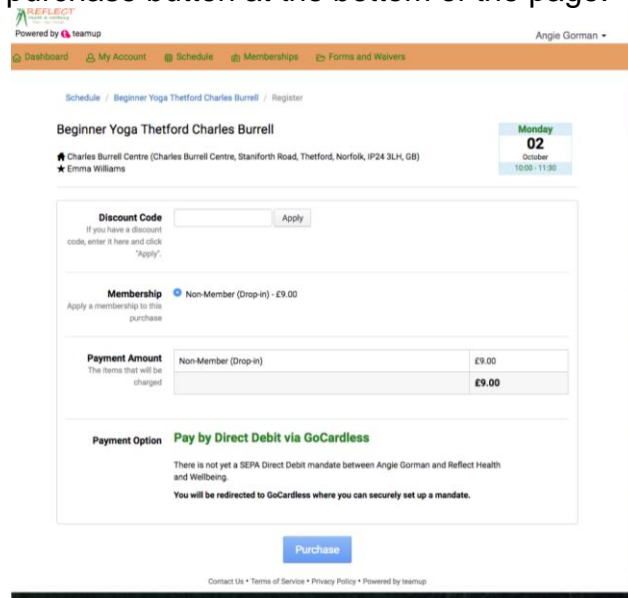
Beginner Yoga is suitable for beginners and people that may have never exercised or done yoga before. This class works on stretching, strength, balance and relaxation.


[Register for Single Class](#)
Register for just this session

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English (UK) Save

- If you do not have a valid membership, once you click 'register for single class' the website will direct you to the price page where you can click the purchase button at the bottom of the page.



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Dashboard My Account Schedule Memberships Forms and Waivers

Schedule / Beginner Yoga Thetford Charles Burrell / Register

Beginner Yoga Thetford Charles Burrell

Charles Burrell Centre (Charles Burrell Centre, Stanforth Road, Thetford, Norfolk, IP24 3LH, GB)
★ Emma Williams

Monday 02
October
10:00 - 11:30

Discount Code
If you have a discount code, enter it here and click "Apply".

Membership
Apply a membership to this purchase

Payment Amount The items that will be charged	Non-Member (Drop-in)	£9.00
		£9.00

Payment Option **Pay by Direct Debit via GoCardless**

There is not yet a SEPA Direct Debit mandate between Angie Gorman and Reflect Health and Wellbeing.
You will be redirected to GoCardless where you can securely set up a mandate.

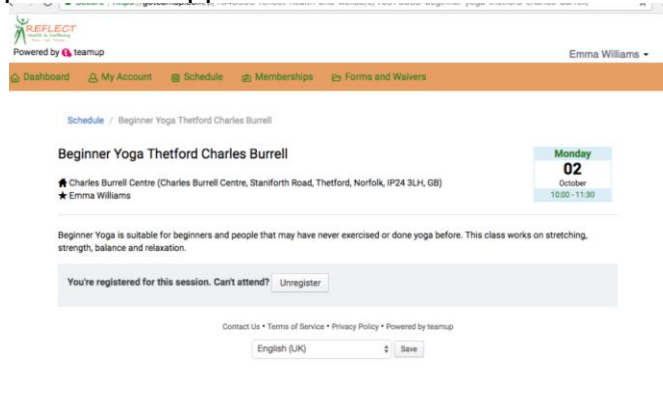
[Purchase](#)

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- If the class is not free to you, the price of the class will be displayed. You can click 'Register now' which will direct you to the purchase form. Or head to the membership tab to purchase a valid membership.

Note. If this is the first time you are registering onto a class (and if you have not previously completed all forms and questions) than we will require you to sign a waiver, answer questions and provide your contact and emergency contact details first.

7. Once you've registered onto a class, you'll get a confirmation on screen. You'll also receive an email confirmation for the booking, and receipt of purchase if applicable.



8. If you have booked a Membership Option you will be able to Block book your preferred class for the duration of your Membership. For example, if you have signed up for the 3 months once a week option, you will be able to book your Yoga on Mondays for the full 3 months. If nearer the time you know you will be away on that date you will be able to unregister and re-register for another class of your choice.

An email will follow next week on instruction on how to implement this.

If you have any queries or need any assistance please email.

teamup_reflecthealth@yahoo.com