



Guide to Booking with Stronger For Longer on Gymcatch

This guide will walk you through setting up your Gymcatch account, finding the Stronger For Longer timetable, purchasing your Kundalini Yoga package, and booking your first session.

Phase 1: Setup & Finding Stronger For Longer

There are two easy ways to find us:

Option A: Using the Direct Link (Easiest)

1. Click our unique provider link: <https://gymcatch.com/app/provider/9365>
2. This will take you directly to the **Stronger For Longer** provider page.
3. Click the "**FOLLOW**" button near our name/logo. This is crucial—it saves us to your profile for easy access later.

Option B: Searching the App

1. Download the **Gymcatch app** from your App Store (Apple) or Google Play (Android).
2. Open the app and click "**Register**" to create your free account (you will need to enter your name, email, and a password).
3. Once logged in, use the **Search Bar** or **Discovery tab**.
4. Type "**Stronger For Longer**" into the search field.
5. When our provider appears, click the "**FOLLOW**" button.

Phase 2: Purchasing Your Kundalini Yoga Package

Once you are following Stronger For Longer, you can view and purchase packages:

1. On the Stronger For Longer provider page (or by clicking our logo from the main page), look for the tab or section labeled "**Packages**."
2. Scroll through the available packages until you find the one relevant to **Kundalini Yoga**.
3. Click on the package you wish to purchase.
4. Follow the prompts to enter your payment details and finalise the transaction.
5. **Success!** The purchased package will now show up as "**Credits**" in your Gymcatch wallet/account.



Small Group Personal Training |
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Conditioning | Pre & Post Natal



Phase 3: Booking Your Session

You will now use the credits you purchased to secure your spot in the class:

1. Go back to the **Stronger For Longer** provider page (by clicking our logo).
2. Click the tab or button labeled "**Classes**" or "**Timetable**."
3. Scroll through the timetable until you find the **Kundalini Yoga session** you want to attend (check the date and time).
4. Click on the session.
5. A pop-up window will appear asking you to confirm the booking. It should show that the session costs **1 Credit** from your recently purchased package.
6. Click "**Book**" or "**Confirm**."
7. You will receive a confirmation email and the session will appear under the "**My Bookings**" section of the app.

Note: If you need to cancel a class, please do so via the "My Bookings" section as far in advance as possible.

A Quick Note from Stronger For Longer

We understand that new apps can sometimes be tricky! If you run into any snags during this process, please know we are here to help you get started.

Just text or call us, and we'll sort it out as soon as is humanly possible.

We are so excited to welcome you to the SFL community and look forward to helping you find calm, strength, and confidence in our **Kundalini Yoga** sessions. See you soon!