

Tutorial for Session Booking

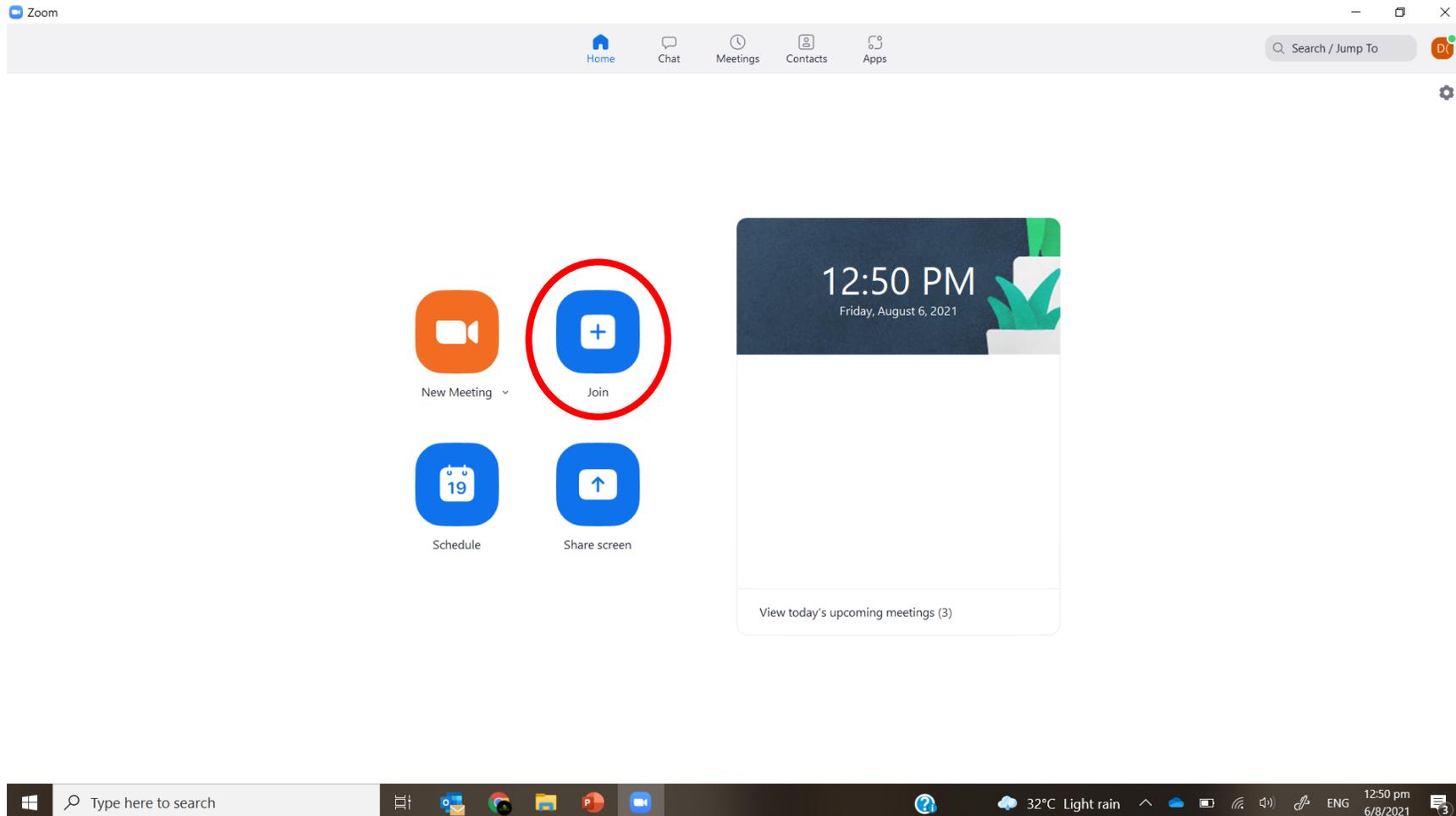
Contents

- How to book for sessions via Zoom?
- How to book for sessions via website?
- Where can I find the links?

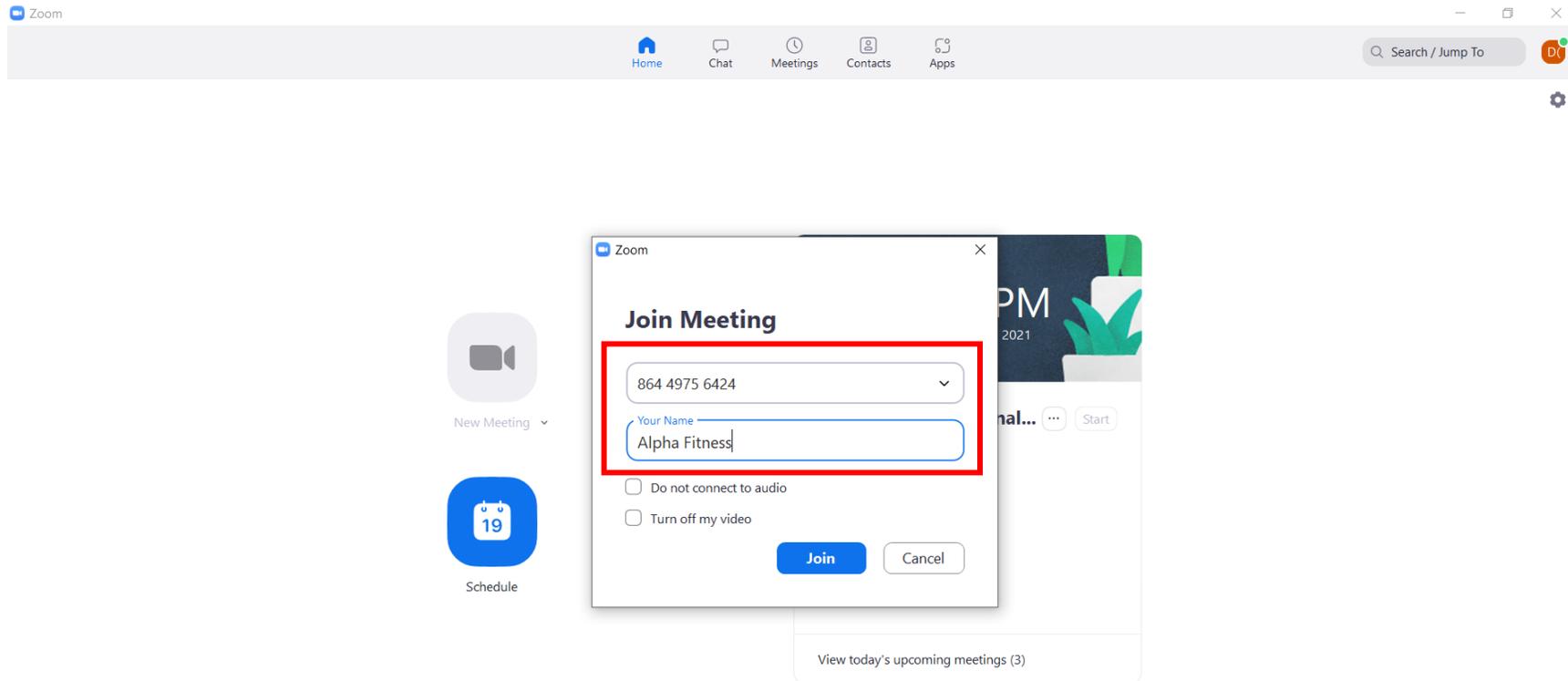
How to book for sessions?

via Zoom app with Meeting ID

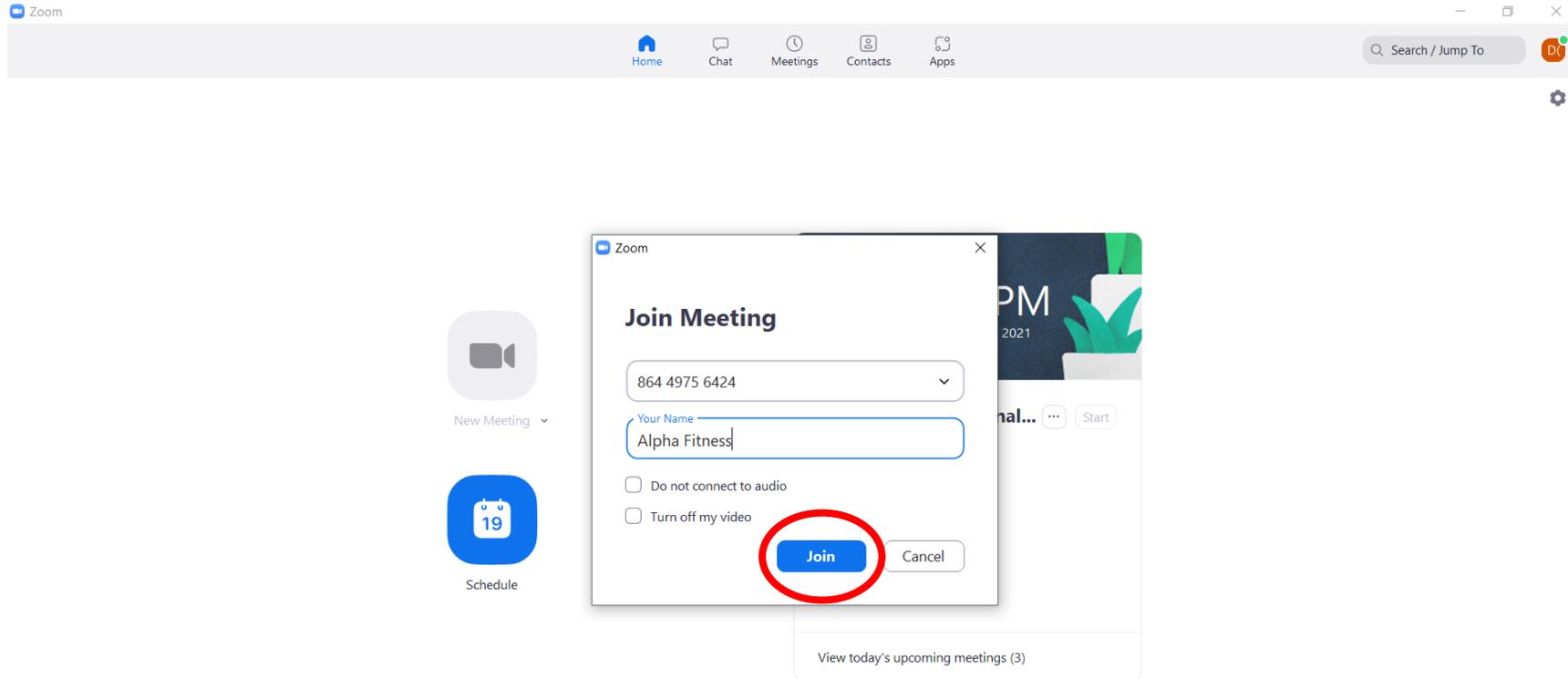
Step 1: Open the Zoom application and click on the plus (+) sign/ 'Join' button.



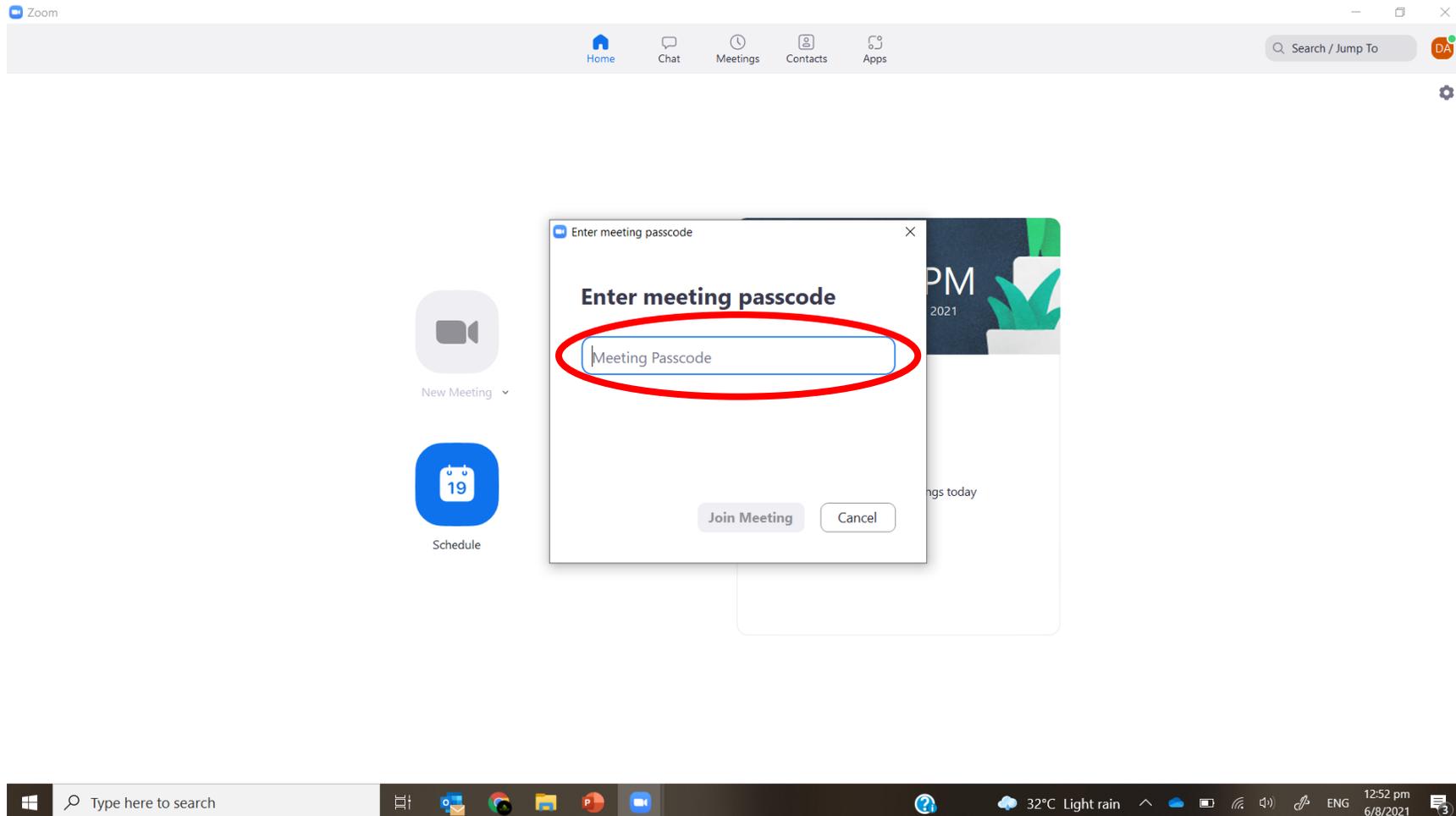
Step 2a: Key in the Meeting ID of your desired session and your LTW registered name.



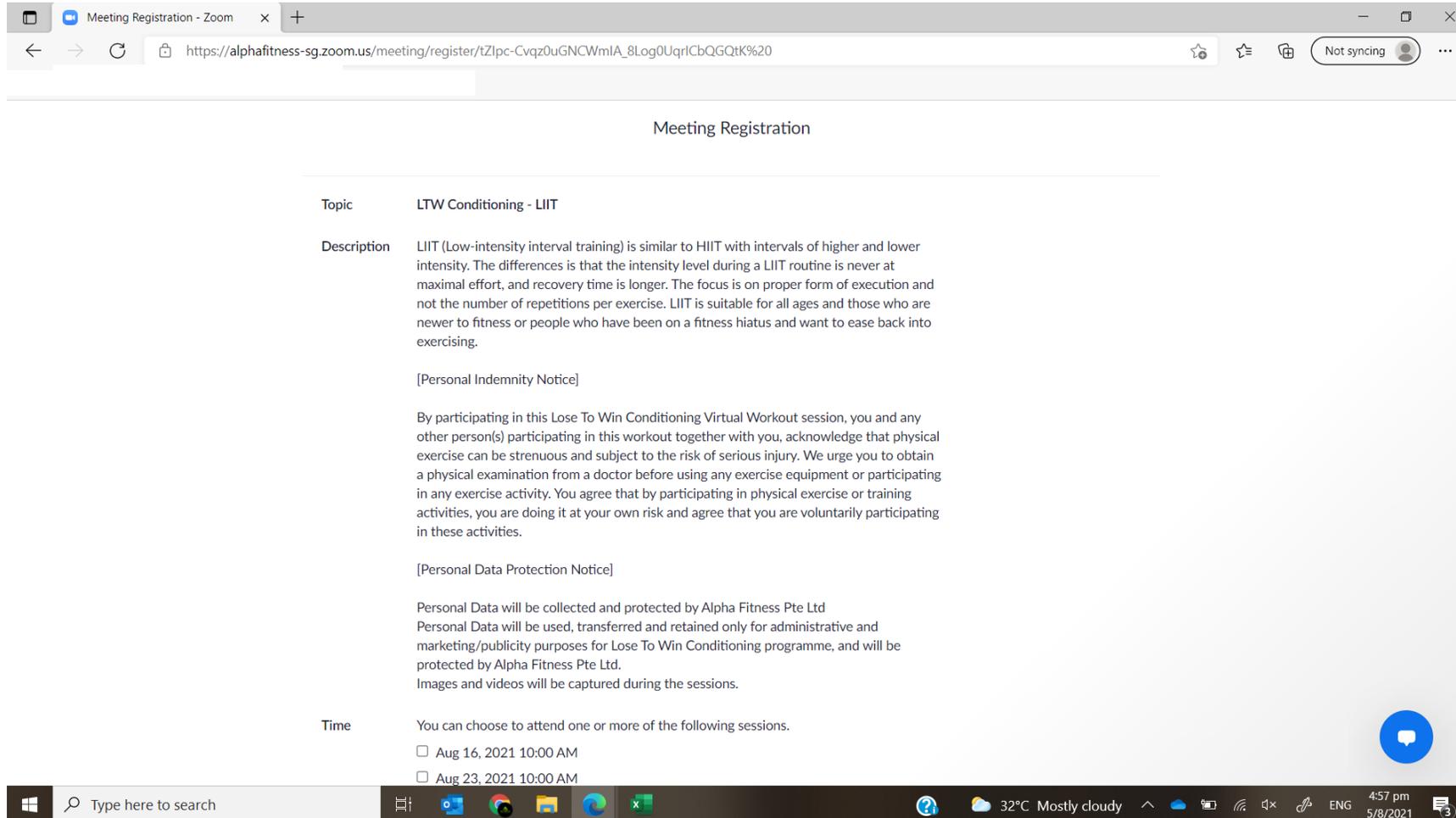
Step 3: Once you complete filling up the details, click on 'Join'.



Step 4: Key in the Meeting Passcode, LTW, and click on 'Join Meeting'.



Step 5: You will be redirected to this page. All the meeting information can be found on this page.

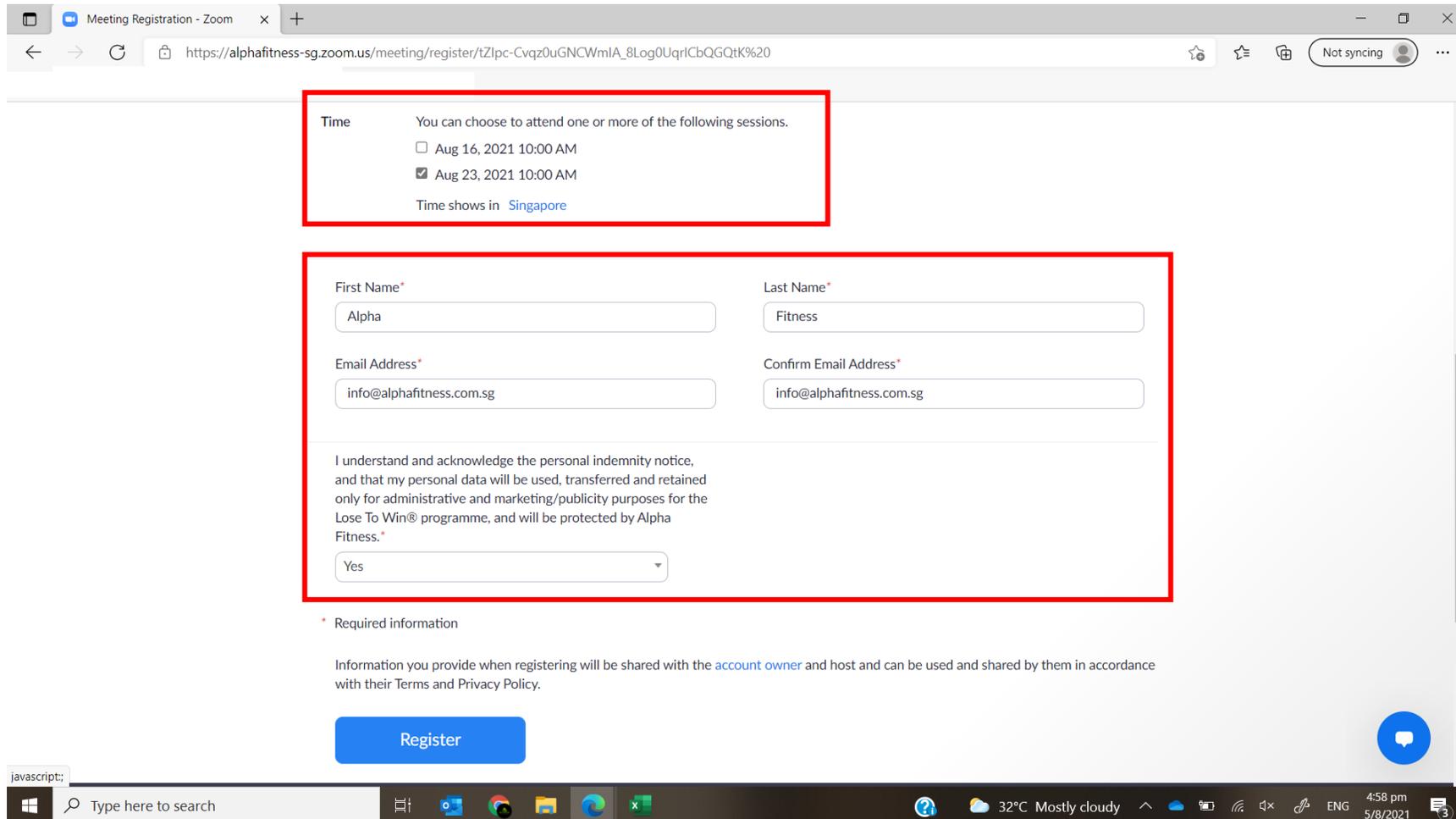


The screenshot shows a web browser window with the title "Meeting Registration - Zoom". The address bar contains the URL: https://alphafitness-sg.zoom.us/meeting/register/tZlpc-Cvqz0uGNCWmlA_8Log0UqrlCbQGQtK%20. The page content is titled "Meeting Registration" and includes the following information:

- Topic:** LTW Conditioning - LIIT
- Description:** LIIT (Low-intensity interval training) is similar to HIIT with intervals of higher and lower intensity. The difference is that the intensity level during a LIIT routine is never at maximal effort, and recovery time is longer. The focus is on proper form of execution and not the number of repetitions per exercise. LIIT is suitable for all ages and those who are newer to fitness or people who have been on a fitness hiatus and want to ease back into exercising.
[Personal Indemnity Notice]
By participating in this Lose To Win Conditioning Virtual Workout session, you and any other person(s) participating in this workout together with you, acknowledge that physical exercise can be strenuous and subject to the risk of serious injury. We urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you are doing it at your own risk and agree that you are voluntarily participating in these activities.
[Personal Data Protection Notice]
Personal Data will be collected and protected by Alpha Fitness Pte Ltd
Personal Data will be used, transferred and retained only for administrative and marketing/publicity purposes for Lose To Win Conditioning programme, and will be protected by Alpha Fitness Pte Ltd.
Images and videos will be captured during the sessions.
- Time:** You can choose to attend one or more of the following sessions.
 - Aug 16, 2021 10:00 AM
 - Aug 23, 2021 10:00 AM

The Windows taskbar at the bottom shows the date as 6/8/2021, the time as 4:57 pm on 5/8/2021, and the weather as 32°C Mostly cloudy.

Step 6: Select the dates you wish to attend and fill in all the required details.



Meeting Registration - Zoom

https://alphafitness-sg.zoom.us/meeting/register/tZlpc-Cvqz0uGNCWmlA_8Log0UqrlCbQGQtK%20

Time You can choose to attend one or more of the following sessions.

- Aug 16, 2021 10:00 AM
- Aug 23, 2021 10:00 AM

Time shows in [Singapore](#)

First Name* Alpha

Last Name* Fitness

Email Address* info@alphafitness.com.sg

Confirm Email Address* info@alphafitness.com.sg

I understand and acknowledge the personal indemnity notice, and that my personal data will be used, transferred and retained only for administrative and marketing/publicity purposes for the Lose To Win® programme, and will be protected by Alpha Fitness.*

Yes

* Required information

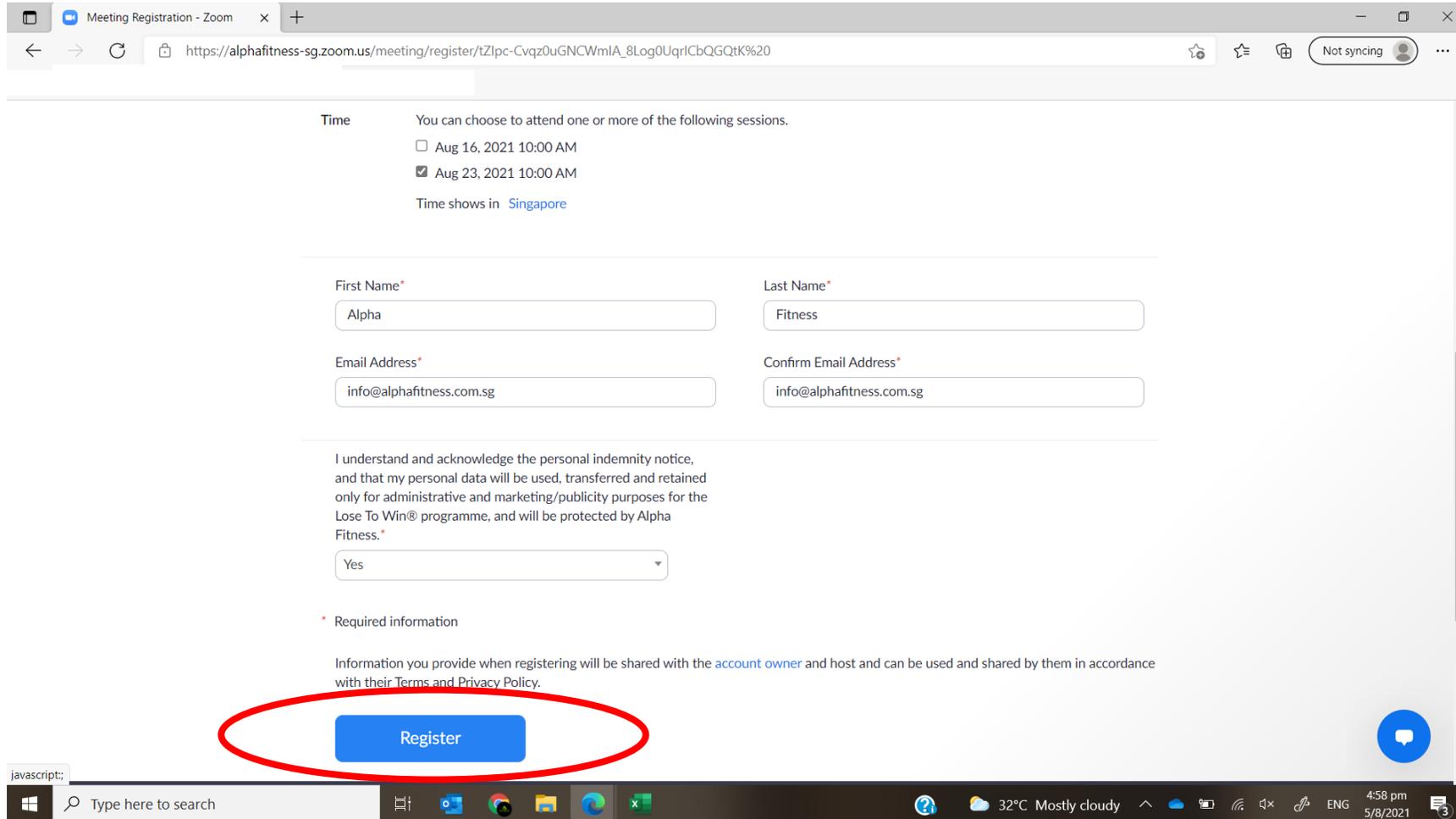
Information you provide when registering will be shared with the [account owner](#) and host and can be used and shared by them in accordance with their Terms and Privacy Policy.

[Register](#)

javascript: Type here to search

32°C Mostly cloudy 4:58 pm 5/8/2021

Step 7: Once you complete filling up all the details, click on 'Register' to complete your registration.



Meeting Registration - Zoom

https://alphafitness-sg.zoom.us/meeting/register/tZlpc-Cvqz0uGNCWmlA_8Log0UqrlCbQGQtK%20

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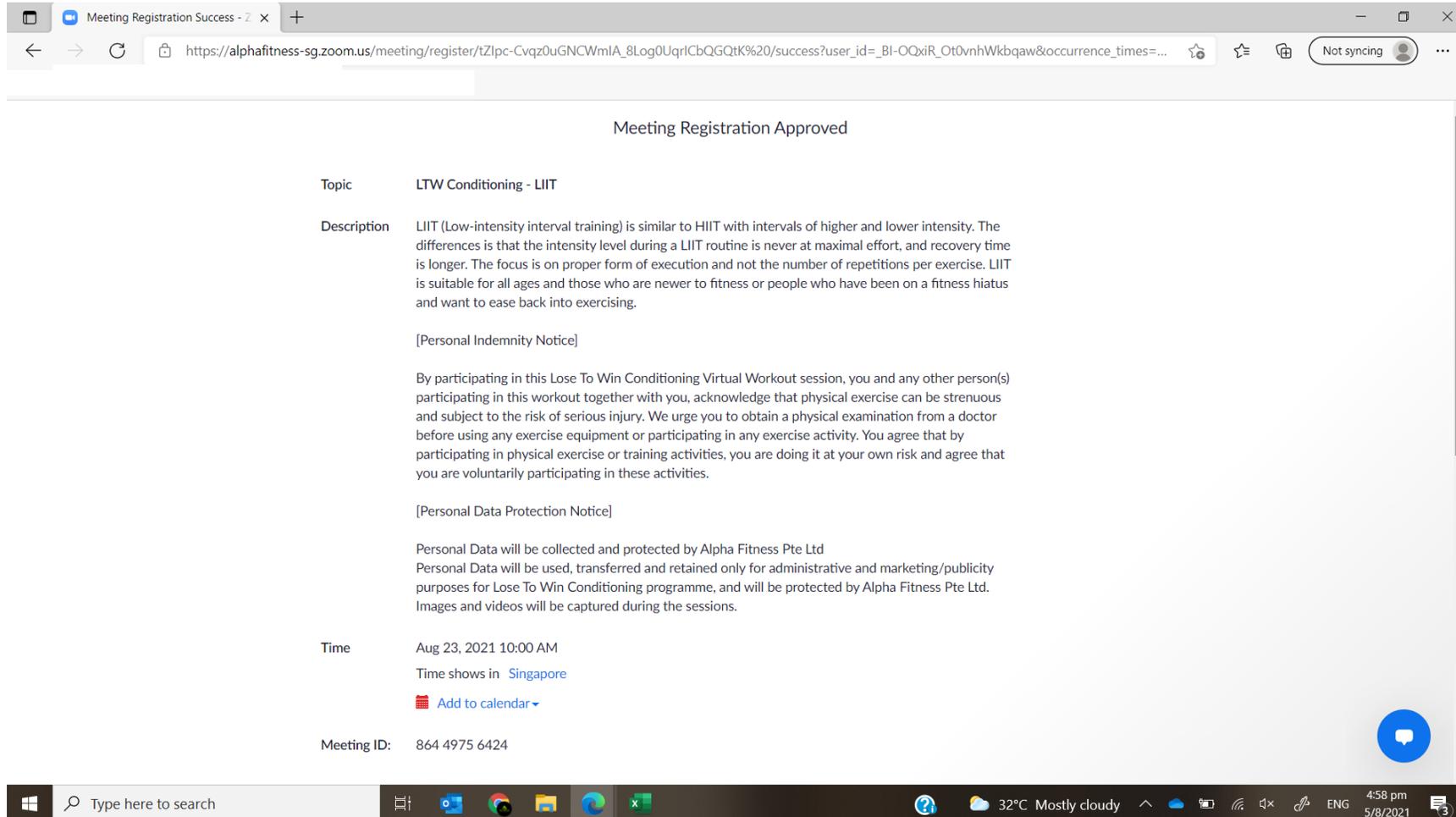
Yes

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Register

Step 8: You will be redirected to this page to confirm your registration. An e-mail will be sent to you as well.

A screenshot of a web browser displaying a Zoom meeting registration success page. The browser's address bar shows the URL: https://alphafitness-sg.zoom.us/meeting/register/tZlpc-Cvqz0uGNCWmlA_8Log0UqrlCbQGQtK%20/success?user_id=_BI-OQxiR_Ot0vnhWkbqaw&occurrence_times=... The page title is "Meeting Registration Approved". The content includes:

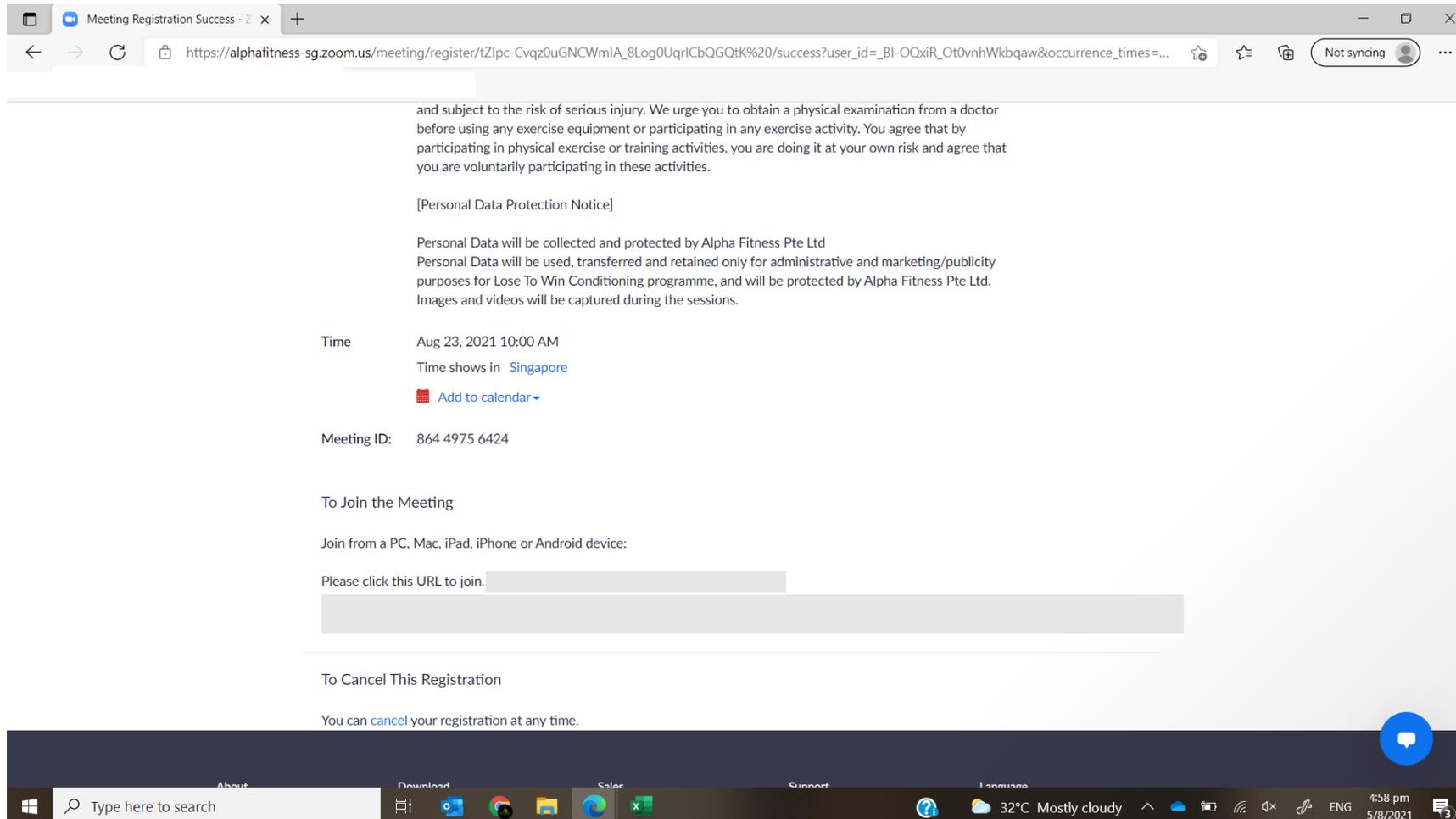
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- [Personal Data Protection Notice]**

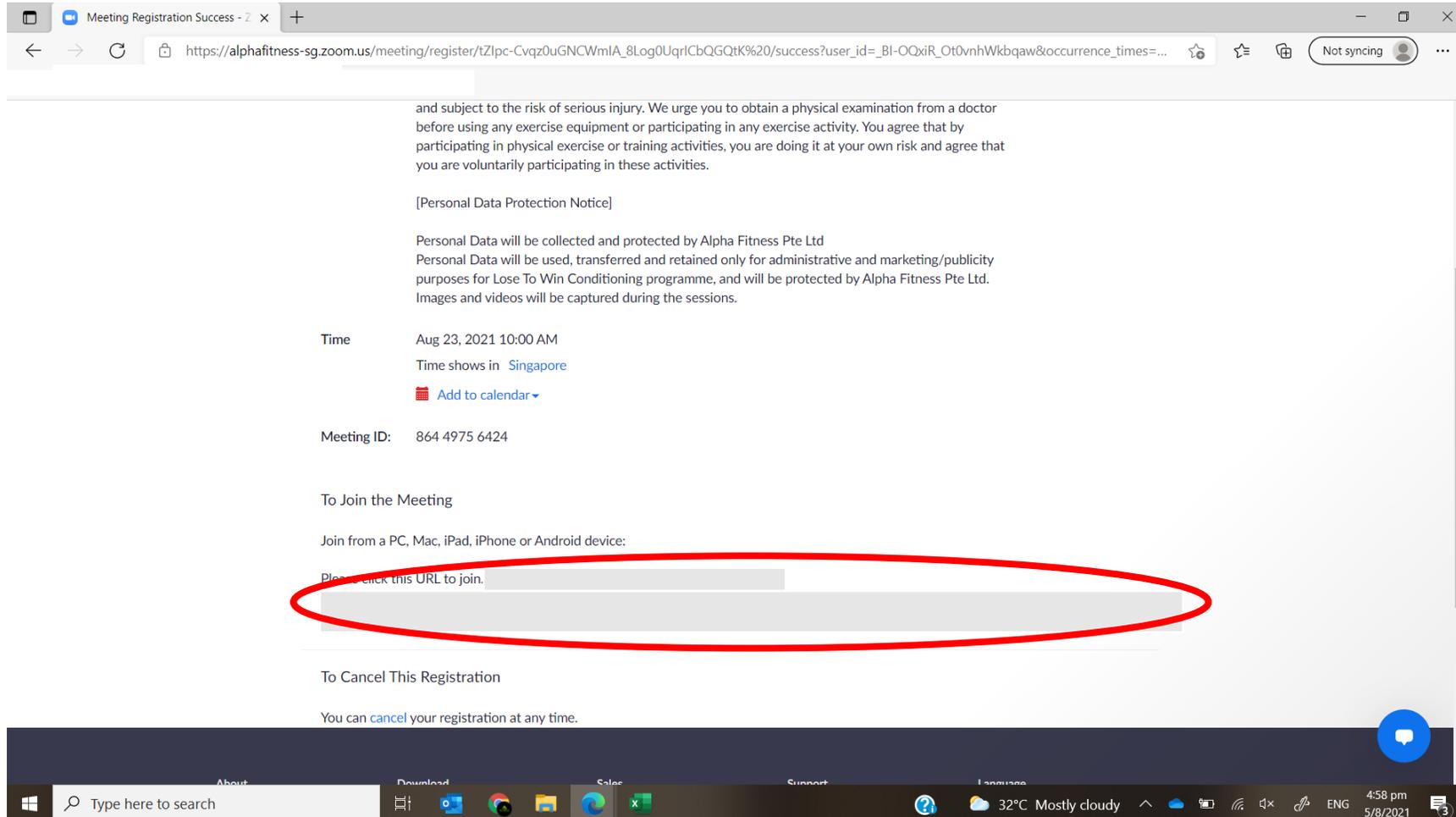
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Personal Data will be used, transferred and retained only for administrative and marketing/publicity purposes for Lose To Win Conditioning programme, and will be protected by Alpha Fitness Pte Ltd. Images and videos will be captured during the sessions.
- Time:** Aug 23, 2021 10:00 AM
Time shows in [Singapore](#)
[Add to calendar](#)
- Meeting ID:** 864 4975 6424

A blue chat bubble icon is visible in the bottom right corner of the page content. The Windows taskbar is visible at the bottom of the screenshot, showing the search bar, task view, and several open applications (Edge, Chrome, File Explorer, Teams, Word). The system tray shows the date and time as 4:58 pm on 5/8/2021, along with weather information (32°C Mostly cloudy) and other system icons.

Step 8: You will be redirected to this page to confirm your registration. An e-mail will be sent to you as well.



Step 9: Click on the link provided to join the session at the time stated. If the session is not starting soon, you may refer to your e-mail for the link.



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Time Aug 23, 2021 10:00 AM
Time shows in [Singapore](#)
[Add to calendar](#)

Meeting ID: 864 4975 6424

To Join the Meeting

Join from a PC, Mac, iPad, iPhone or Android device:

Please click this URL to join.

To Cancel This Registration

You can [cancel](#) your registration at any time.

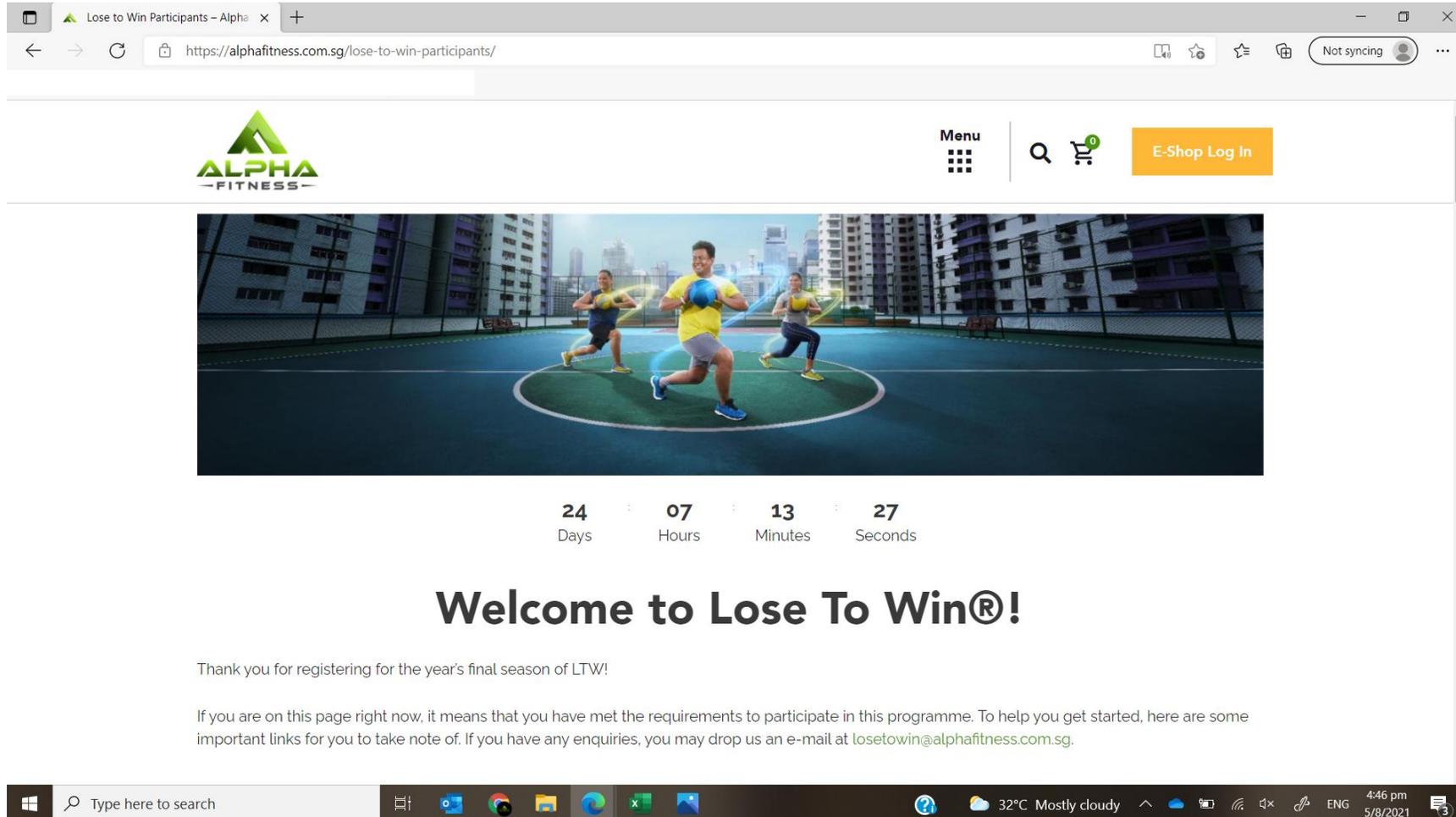
How to book for sessions?

via Website

<http://alphafitness.com.sg/lose-to-win-participants>

Step 1: Visit the link sent in your confirmation email >
<http://alphafitness.com.sg/lose-to-win-participants>

Step 2: Scroll & select the session you would like to book.



The screenshot shows a web browser window with the URL <https://alphafitness.com.sg/lose-to-win-participants/>. The page features the Alpha Fitness logo, a navigation menu, a search icon, a shopping cart icon with a '0' notification, and an 'E-Shop Log In' button. Below the navigation is a large image of three people exercising on a rooftop court. Underneath the image is a digital countdown timer showing 24 Days, 07 Hours, 13 Minutes, and 27 Seconds. The main heading reads 'Welcome to Lose To Win®!' followed by a thank-you message and a paragraph of introductory text.

24 Days **07** Hours **13** Minutes **27** Seconds

Welcome to Lose To Win®!

Thank you for registering for the year's final season of LTW!

If you are on this page right now, it means that you have met the requirements to participate in this programme. To help you get started, here are some important links for you to take note of. If you have any enquiries, you may drop us an e-mail at losetowin@alphafitness.com.sg.

Step 2: Scroll & select the 'Workout Schedule – Conditioning' tab.

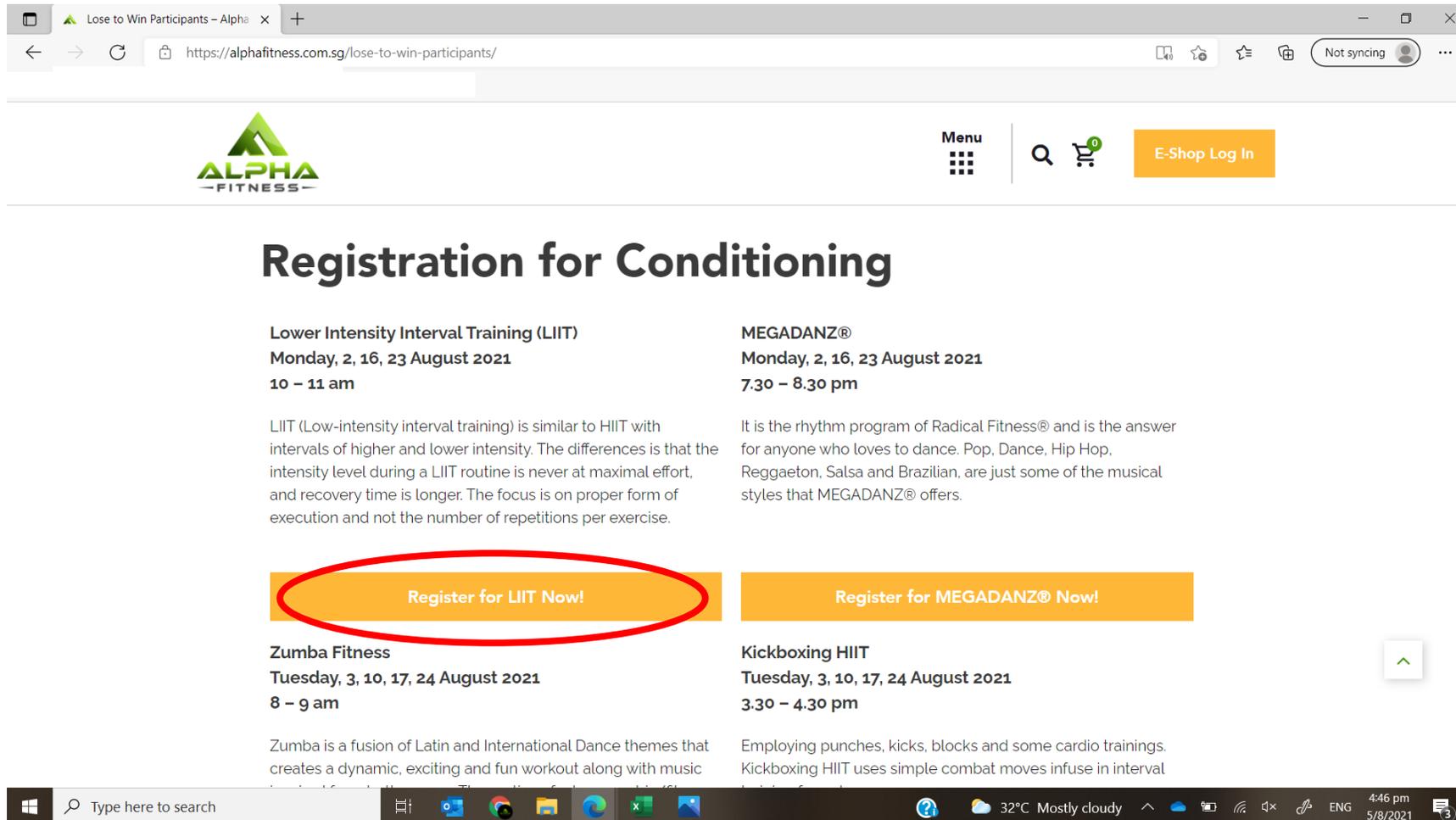


Conditioning are classes that are conducted during the recruitment period which is before the official start of Lose To Win®. The conditioning programme is designed to help you jumpstart your exercise routine. It features lower intensity workouts that will prepare you for the actual Lose To Win® workout sessions. You are strongly encouraged to participate in the conditioning programme!

Schedule

Lose to Win® – Conditioning Schedule (2 nd – 29 th August 2021)					
	0800 – 0900	1000 – 1100	1130 – 1230	1530 – 1630	1930 – 2030
Monday		LIIT (Low Impact Interval Training)			Megadanz®
Tuesday	Zumba Fitness			Kickboxing HIIT	

Step 3: Scroll down the tab and look for the session that you would like to join and click on 'Register for [Programme Name] Now!'.



The screenshot shows a web browser window with the URL <https://alphafitness.com.sg/lose-to-win-participants/>. The page features the Alpha Fitness logo and navigation elements like 'Menu', search, and 'E-Shop Log In'. The main heading is 'Registration for Conditioning'. Below this, there are four session cards. The first card is for 'Lower Intensity Interval Training (LIIT)' on Monday, 2, 16, 23 August 2021, from 10 - 11 am. The second card is for 'MEGADANZ®' on Monday, 2, 16, 23 August 2021, from 7.30 - 8.30 pm. The third card is for 'Zumba Fitness' on Tuesday, 3, 10, 17, 24 August 2021, from 8 - 9 am. The fourth card is for 'Kickboxing HIIT' on Tuesday, 3, 10, 17, 24 August 2021, from 3.30 - 4.30 pm. Each card includes a brief description and a 'Register for [Programme Name] Now!' button. The 'Register for LIIT Now!' button is circled in red.

Registration for Conditioning

Lower Intensity Interval Training (LIIT)
Monday, 2, 16, 23 August 2021
10 - 11 am

LIIT (Low-intensity interval training) is similar to HIIT with intervals of higher and lower intensity. The difference is that the intensity level during a LIIT routine is never at maximal effort, and recovery time is longer. The focus is on proper form of execution and not the number of repetitions per exercise.

Register for LIIT Now!

MEGADANZ®
Monday, 2, 16, 23 August 2021
7.30 - 8.30 pm

It is the rhythm program of Radical Fitness® and is the answer for anyone who loves to dance. Pop, Dance, Hip Hop, Reggaeton, Salsa and Brazilian, are just some of the musical styles that MEGADANZ® offers.

Register for MEGADANZ® Now!

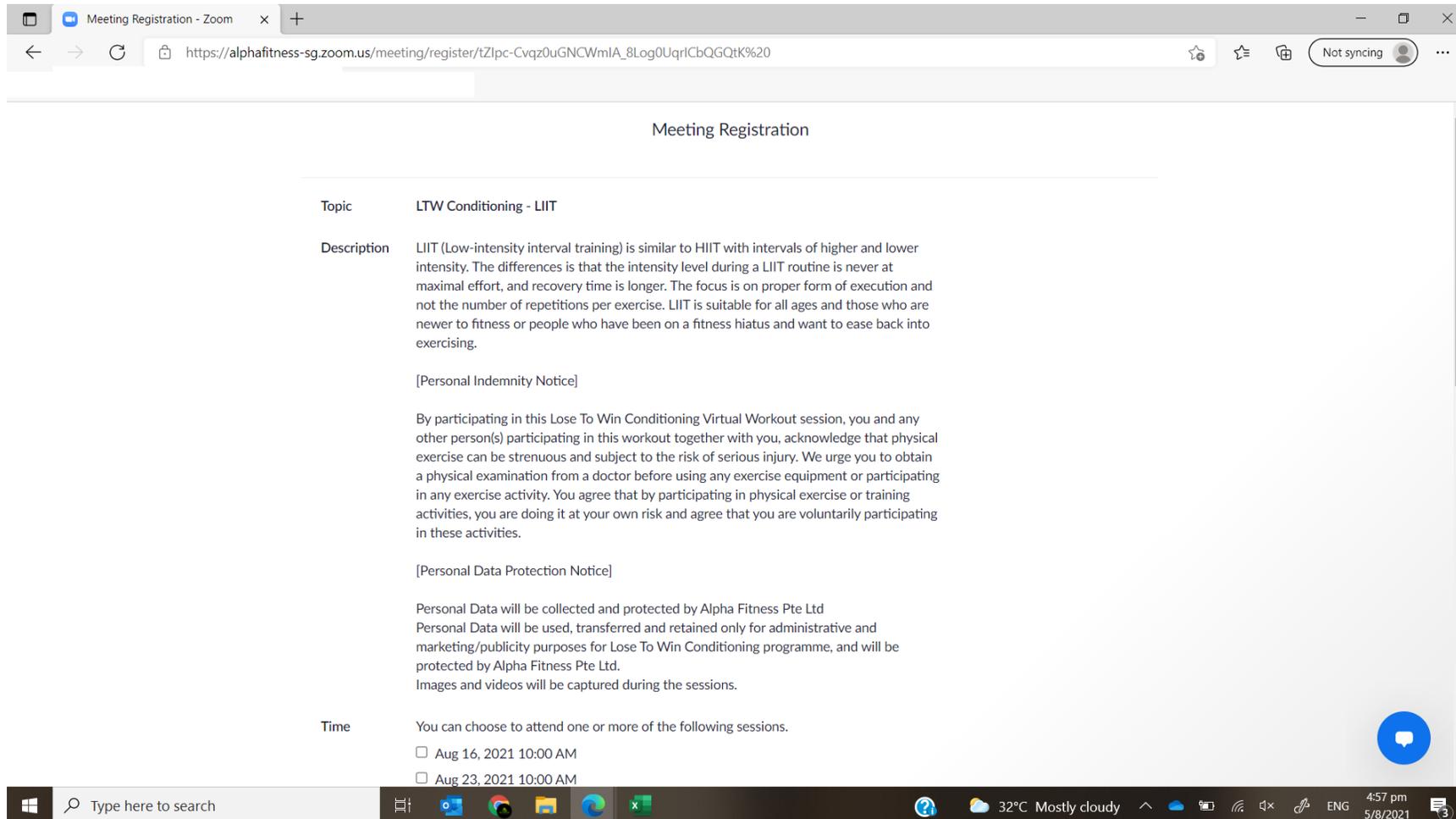
Zumba Fitness
Tuesday, 3, 10, 17, 24 August 2021
8 - 9 am

Zumba is a fusion of Latin and International Dance themes that creates a dynamic, exciting and fun workout along with music.

Kickboxing HIIT
Tuesday, 3, 10, 17, 24 August 2021
3.30 - 4.30 pm

Employing punches, kicks, blocks and some cardio trainings. Kickboxing HIIT uses simple combat moves infused in interval.

Step 4: You will be redirected to this page. All the meeting information can be found on this page.



Meeting Registration

Topic **LTW Conditioning - LIIT**

Description LIIT (Low-intensity interval training) is similar to HIIT with intervals of higher and lower intensity. The difference is that the intensity level during a LIIT routine is never at maximal effort, and recovery time is longer. The focus is on proper form of execution and not the number of repetitions per exercise. LIIT is suitable for all ages and those who are newer to fitness or people who have been on a fitness hiatus and want to ease back into exercising.

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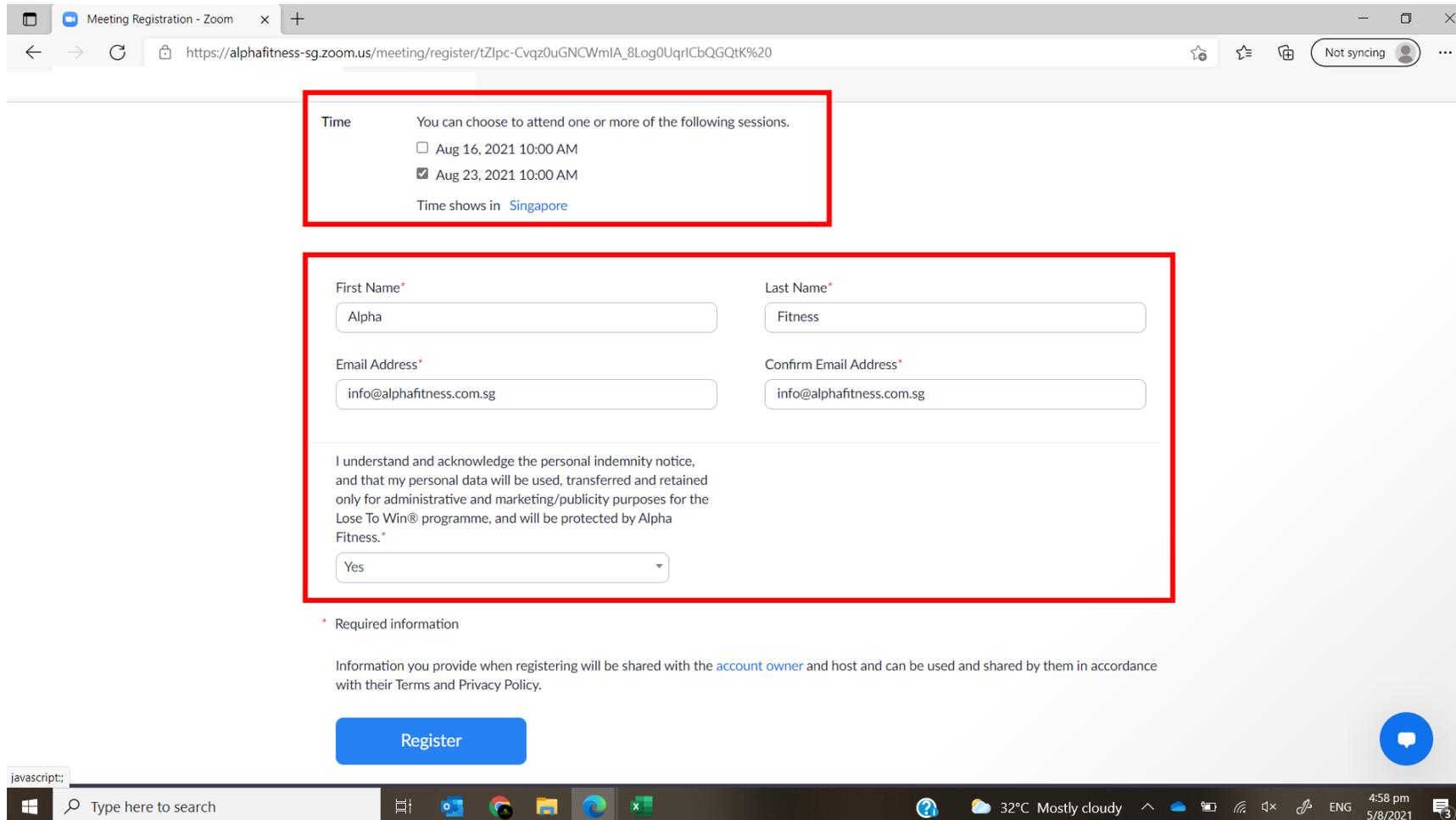
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Time You can choose to attend one or more of the following sessions.

- Aug 16, 2021 10:00 AM
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Step 5: Select the dates you wish to attend and fill in all the required details.



Meeting Registration - Zoom

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- Aug 23, 2021 10:00 AM

Time shows in [Singapore](#)

First Name* Alpha

Last Name* Fitness

Email Address* info@alphafitness.com.sg

Confirm Email Address* info@alphafitness.com.sg

I understand and acknowledge the personal indemnity notice, and that my personal data will be used, transferred and retained only for administrative and marketing/publicity purposes for the Lose To Win® programme, and will be protected by Alpha Fitness.*

Yes

* Required information

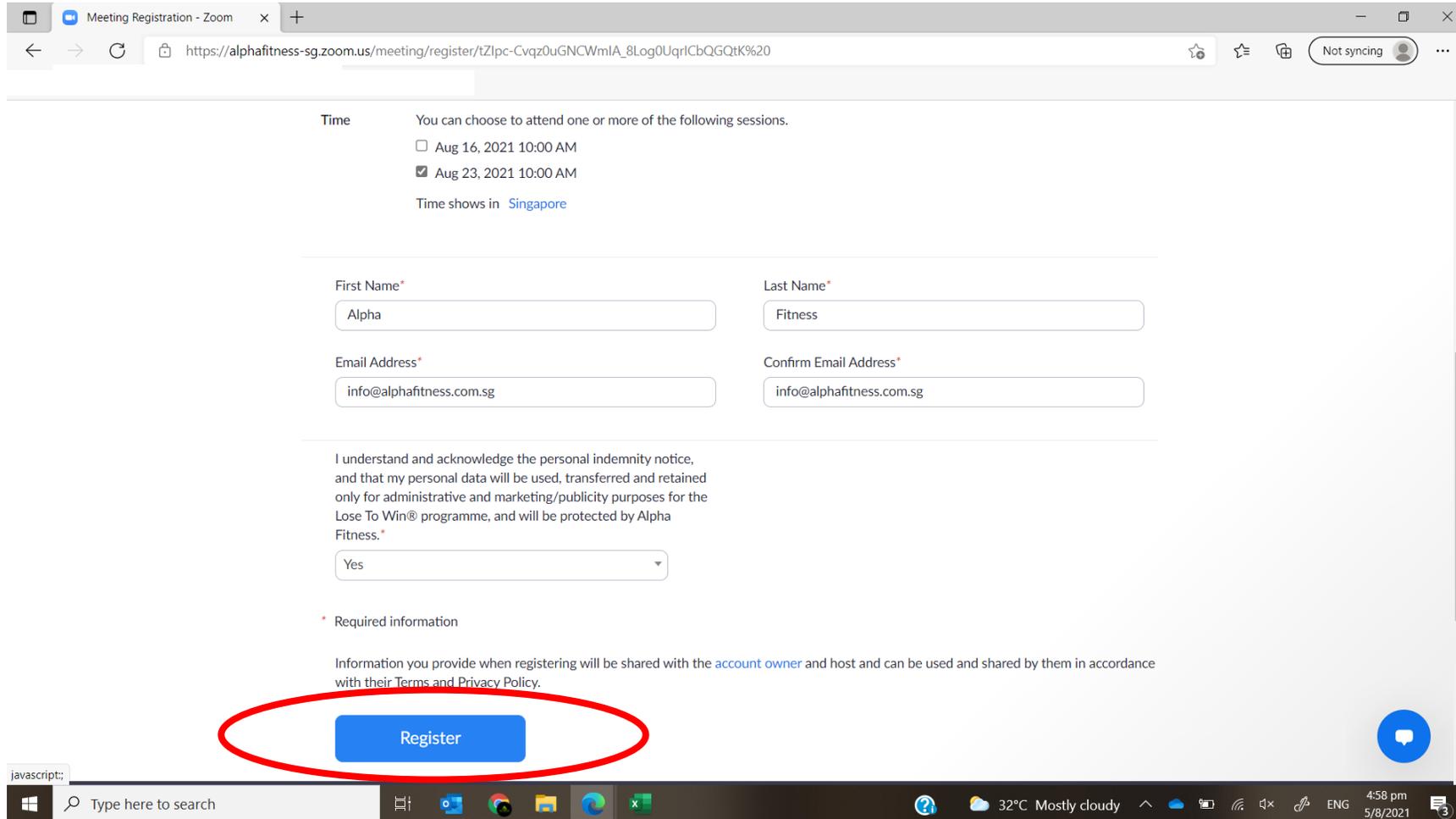
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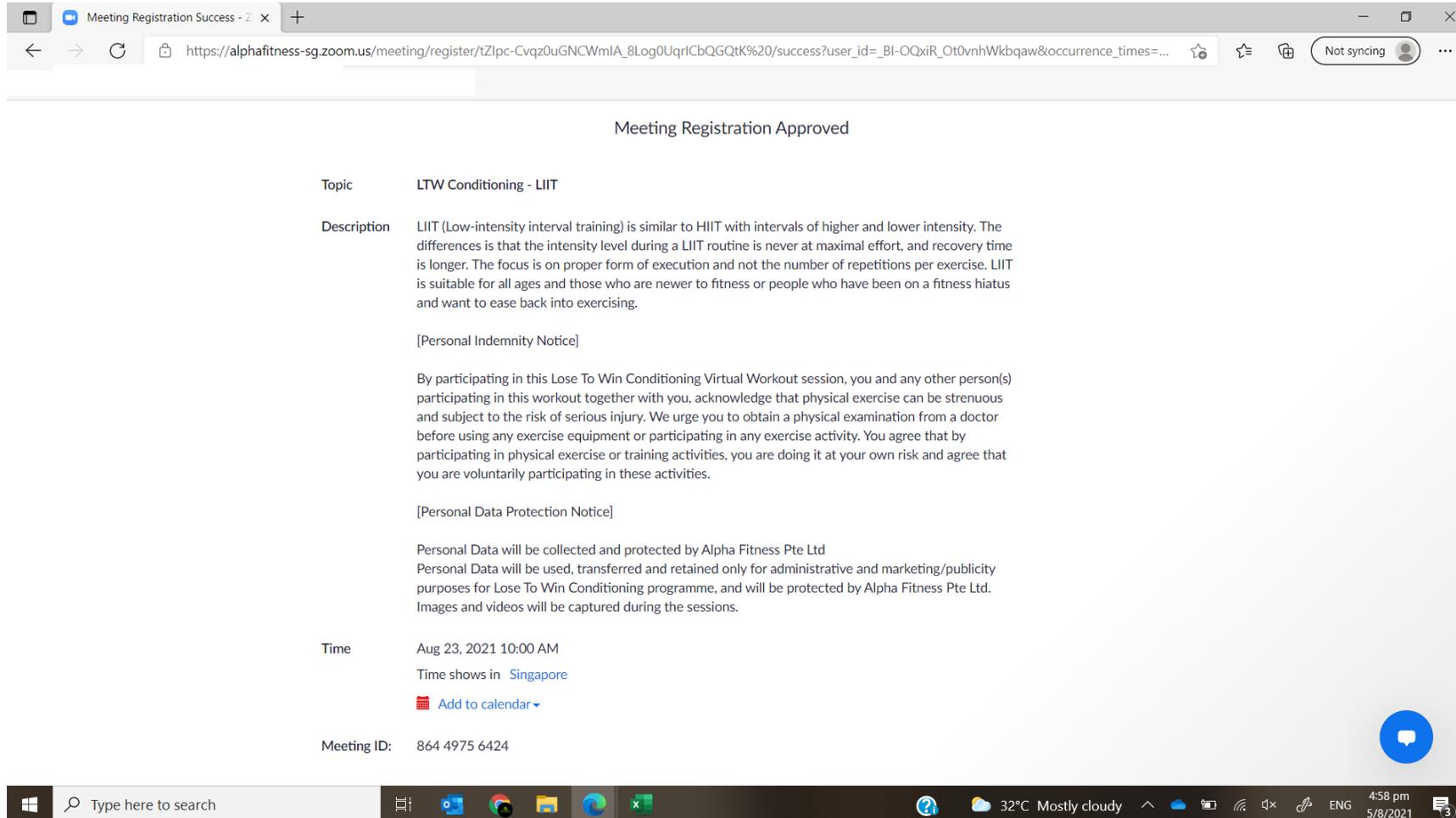
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- First Name*:** Alpha
- Last Name*:** Fitness
- Email Address*:** info@alphafitness.com.sg
- Confirm Email Address*:** info@alphafitness.com.sg
- Consent:** I understand and acknowledge the personal indemnity notice, and that my personal data will be used, transferred and retained only for administrative and marketing/publicity purposes for the Lose To Win® programme, and will be protected by Alpha Fitness.*
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- Register:** A blue button at the bottom of the form, circled in red.

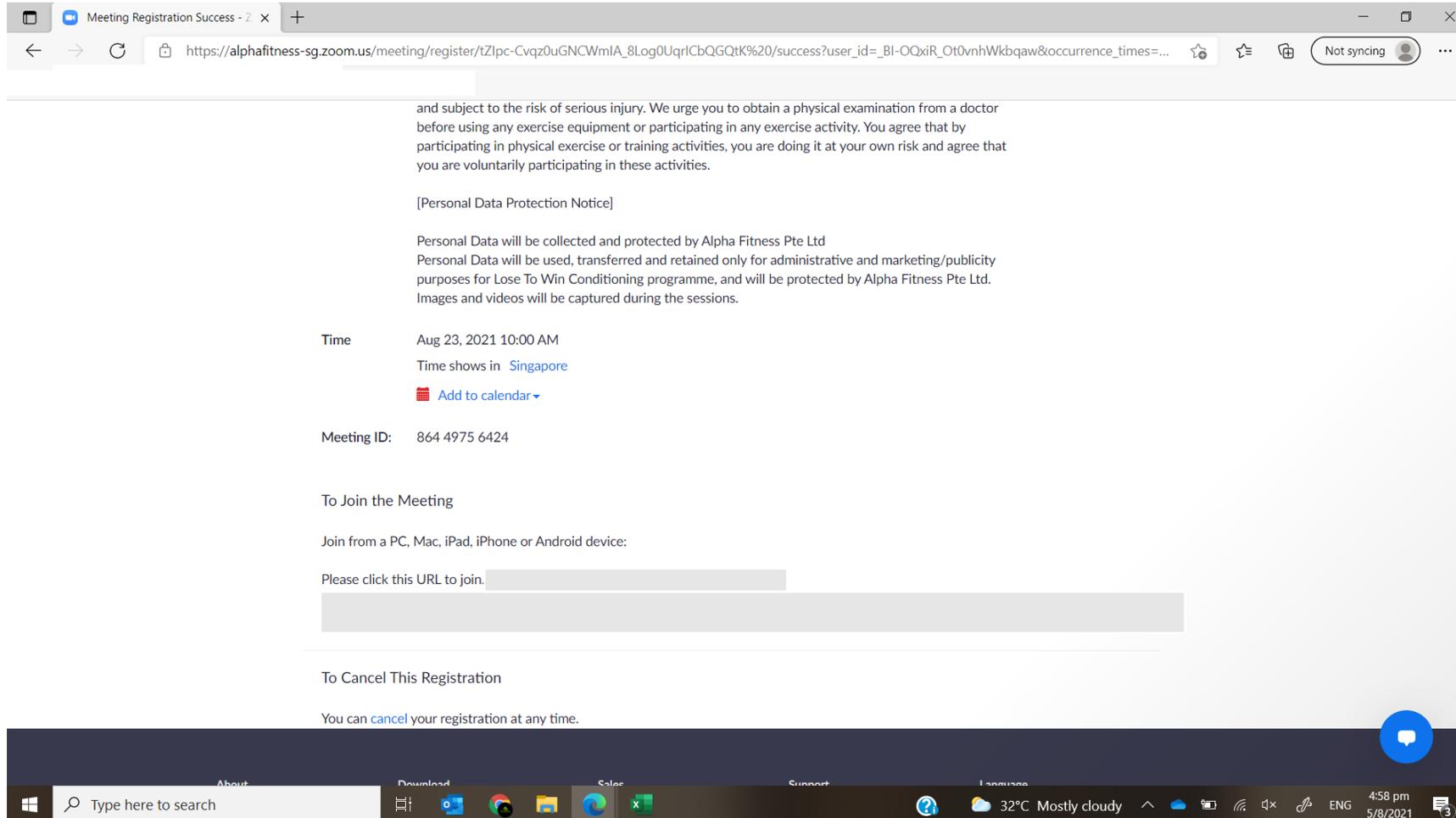
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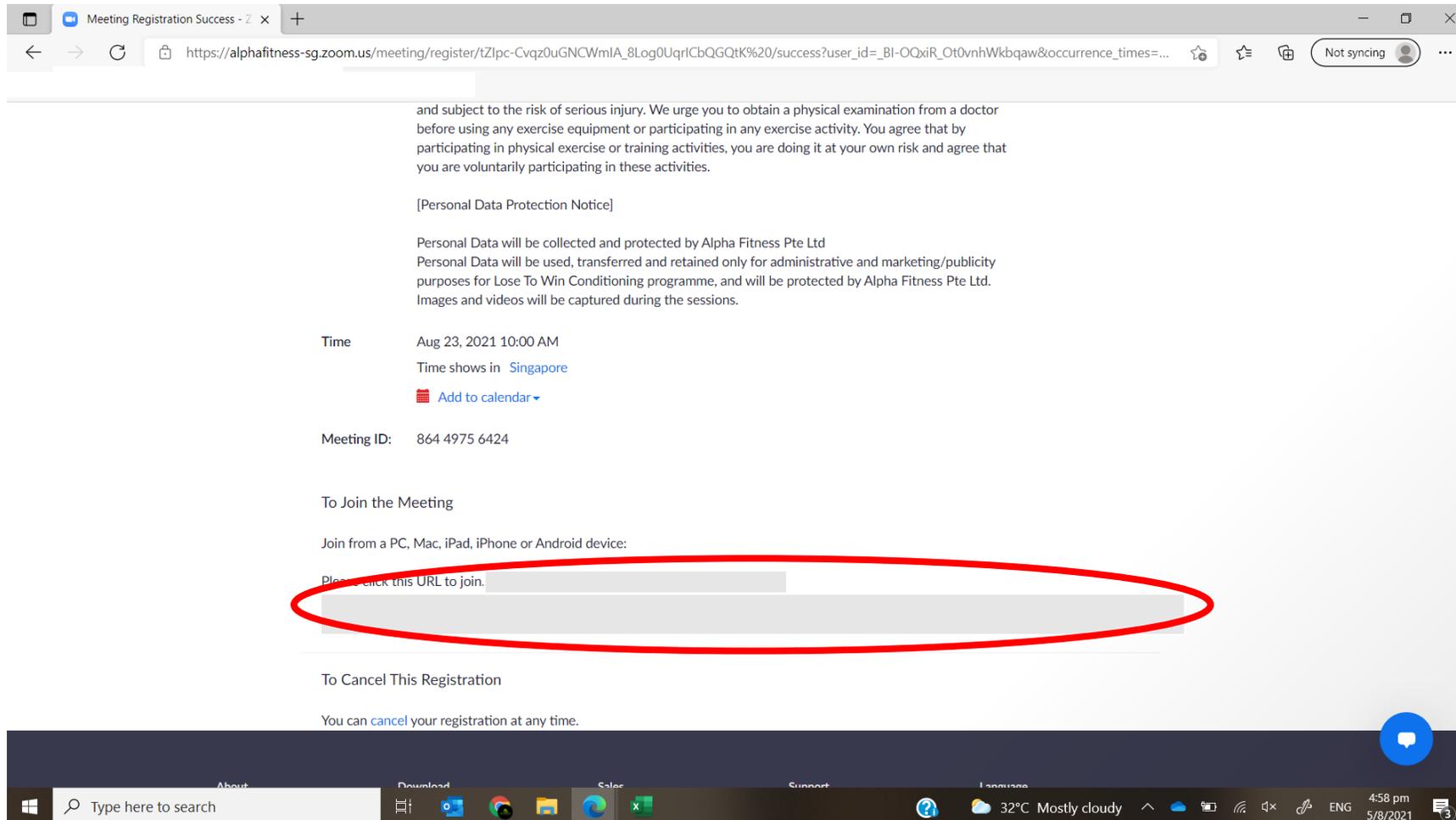
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- Meeting ID:** 864 4975 6424

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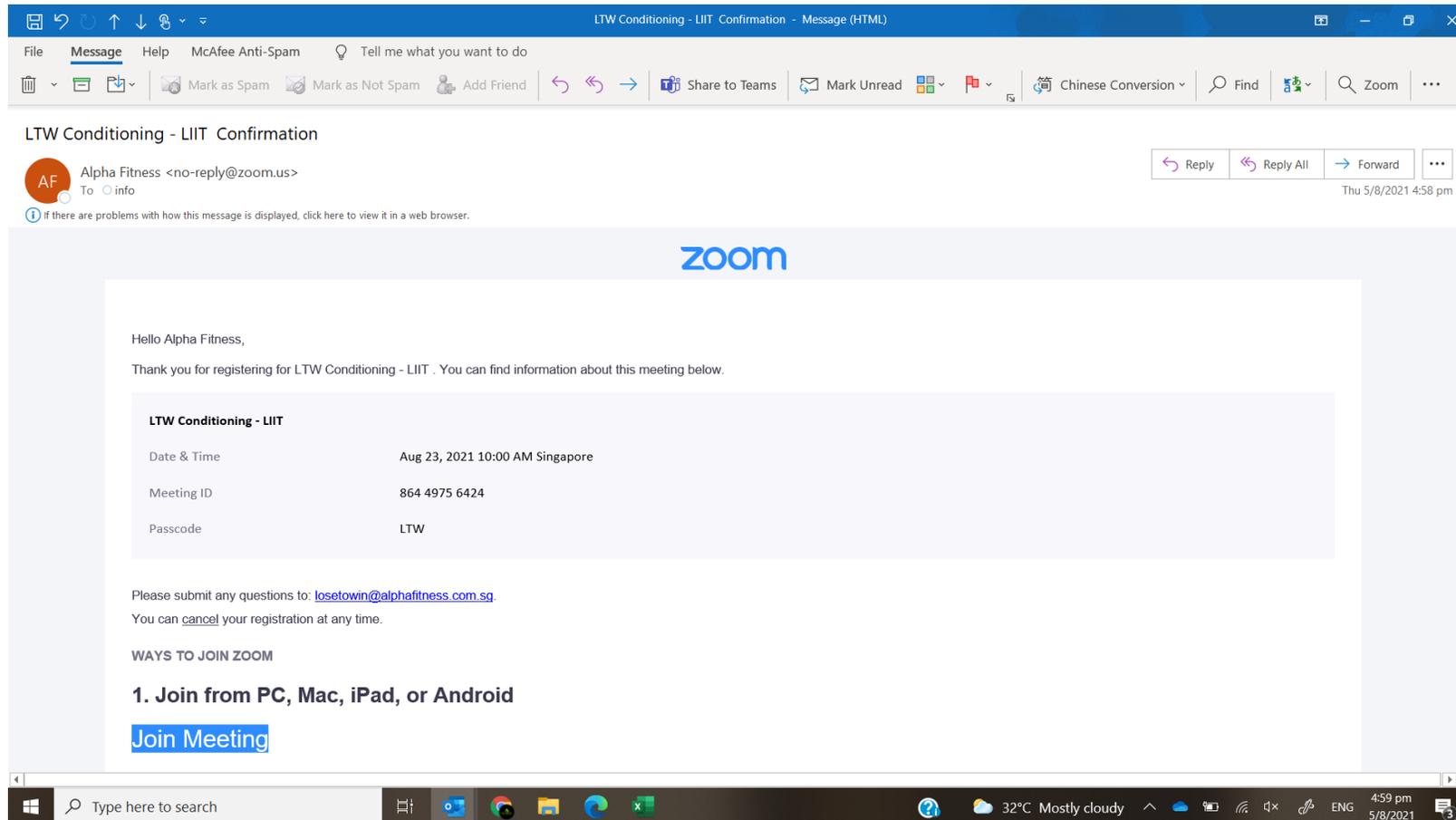
To Cancel This Registration

You can [cancel](#) your registration at any time.

Where do I find the Zoom link
sent to me?

Open your email inbox, you should receive an email from Zoom.

Subject title: 'LTW Conditioning – [Programme Name] Confirmation'



Scroll down the e-mail for the link.
You may click on 'Join Meeting' to join. Else, click on the link provided to join.

