

# La Trobe Sport

## La Trobe Sport App User Guide



[latrobe.edu.au/sport](https://latrobe.edu.au/sport)



**LA TROBE**  
UNIVERSITY

SPORT

# LA TROBE SPORT APP

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# LA TROBE SPORT APP

## Patron Processes

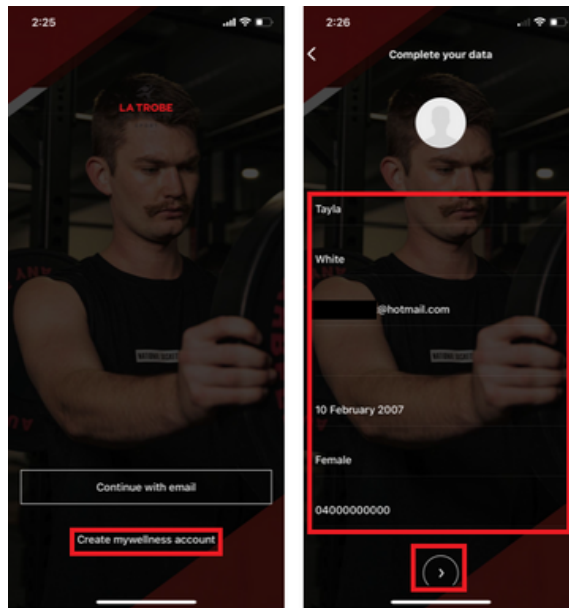
### Download app

The app is available in both the Apple and Android app stores

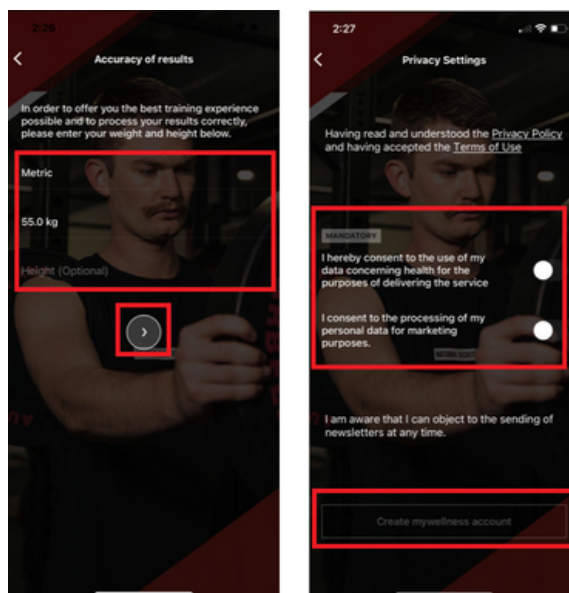
- Can the QR code at reception
- Search La Trobe Sport in the app store

### Create a profile

- In the app, select create mywellness account at the base of the screen
- Enter personal details (name, email, DOB, number etc.)



- Select the arrow to proceed to next page
- Enter weight and height
- Select the arrow to proceed to next page
- Agree to the mandatory conditions
- Select create mywellness account

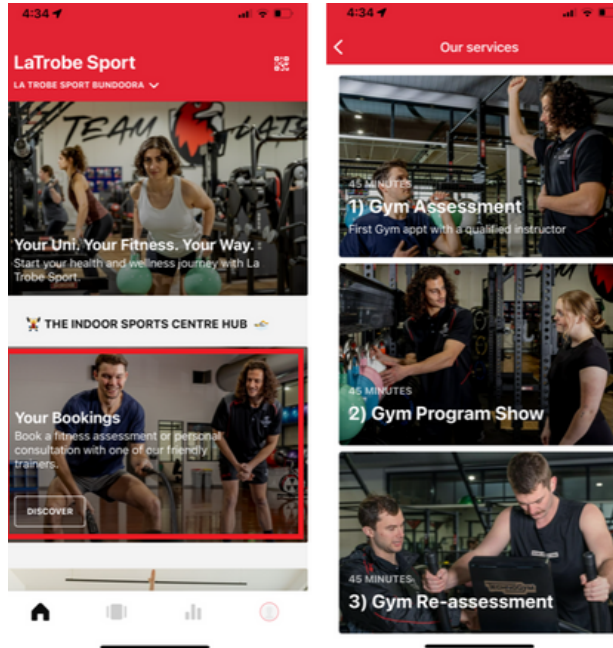


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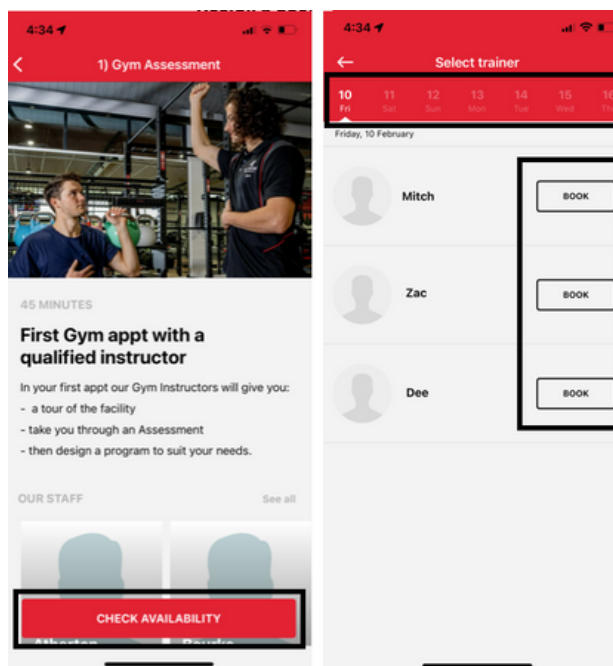
## Bookings

### Book a Gym Appointment

- From the home screen select Your Bookings
- Select the assessment type you would like to book (Gym Assessment, Gym program Show, Gym Re-assessment)

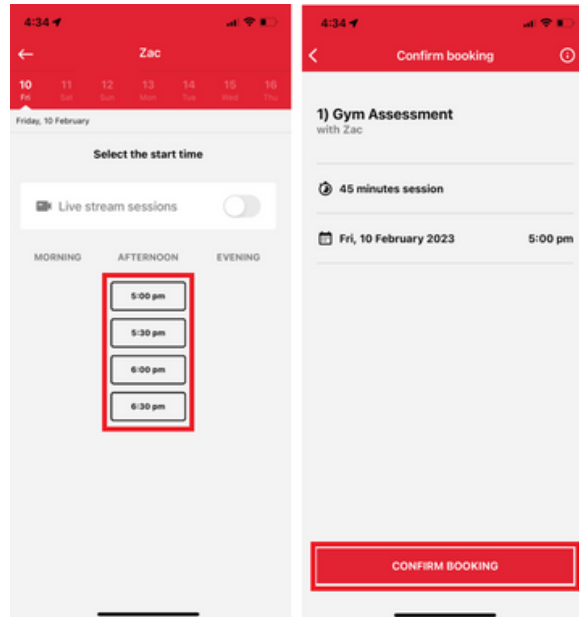


- Select check availability
- Select your desired date and then select book next to the staff member you would like to book in with



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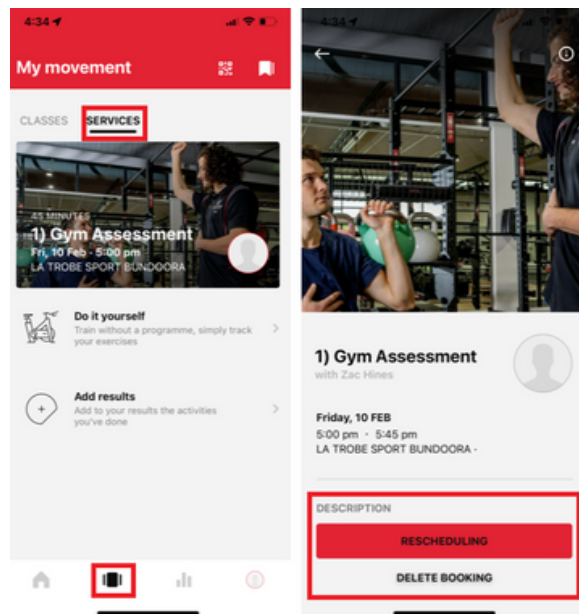
- Select the **time** you would like to book in for
- Select **confirm booking**



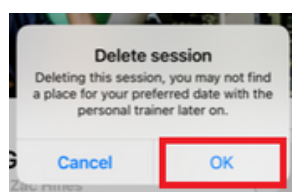
- You can now view your upcoming appointment via the second tab in the app (**My Movements**) and selecting **services**

## Reschedule or Cancel a Gym Appointment

- Via the second tab in the app (**My Movements**) and selecting **services**
- Select the **appointment** you wish to amend or cancel appointment
- Select either **rescheduling** or **delete booking**



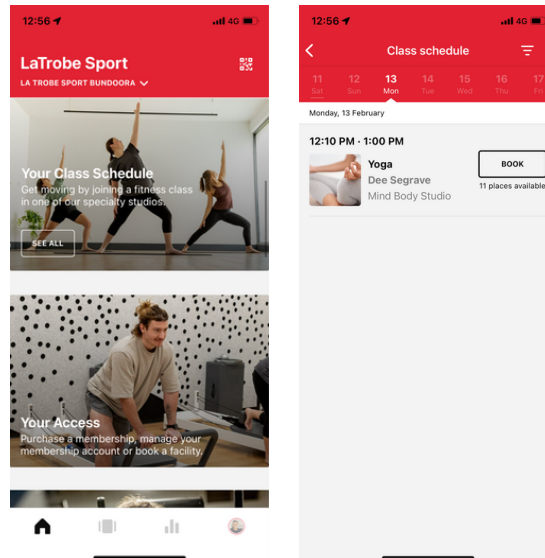
- If **resheduling**, follow the same process you did to book the original appointment
- If canceling select **delete booking** and **ok**



# LA TROBE SPORT APP

## Book a Class

- From the **La Trobe Sport App** homepage.
- Click **Your Class Schedule**.
- Choose the day and class you would like.
- Select **book**.

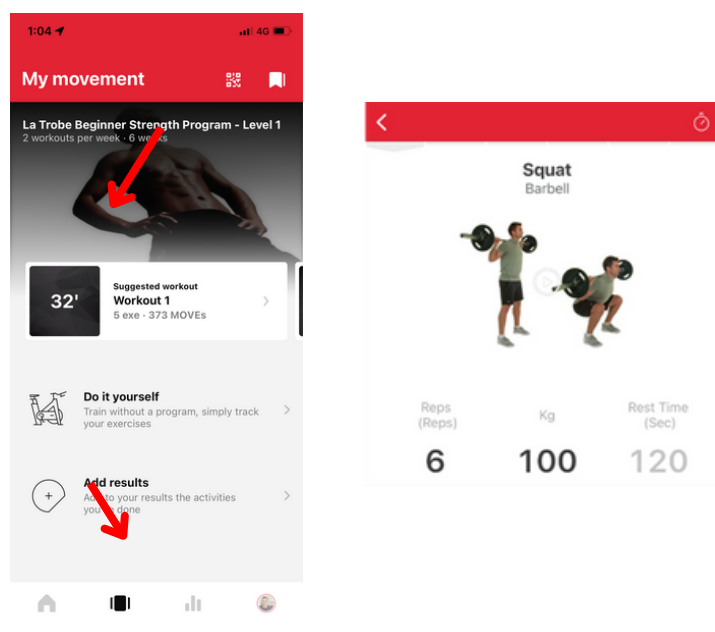


## Cancel a Booked Class

- Once you have booked into your class, this button will change to 'delete booking' to cancel your class.

## Viewing a Program

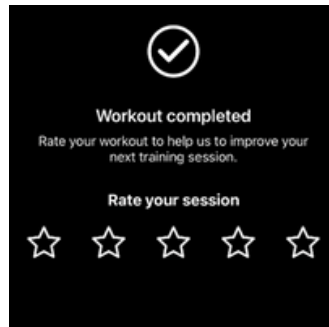
- On the home screen, select the second tab from the left.
- This is your 'My Movement' page and your workouts will display here.
- If your program doesn't show, please contact your gym instructor as they haven't assigned your program yet.
- Once a workout has been selected, you will then have to check the selected facility is correct and then click start to begin the workout.
- The first exercise will begin. Here you will find the number of sets, reps, load and rest time. This can all be edited or changed by clicking the numbers.



- To follow set rest times, simply click on the stopwatch icon on the right top corner and this will automatically start the countdown

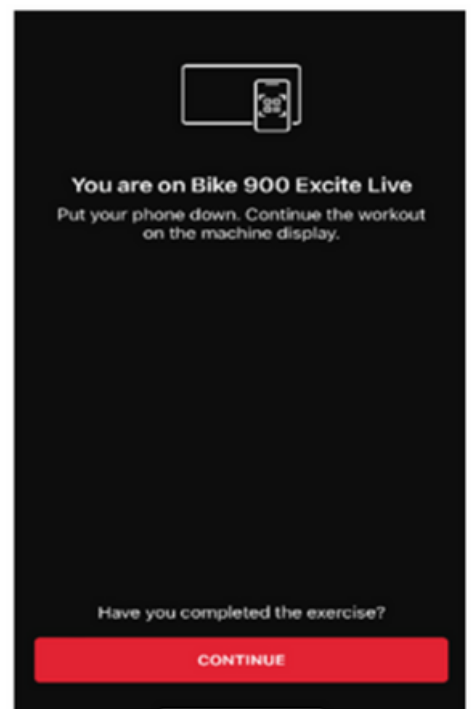
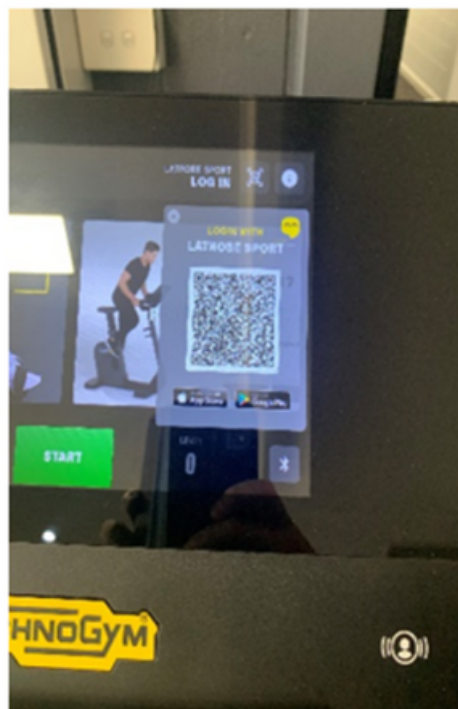
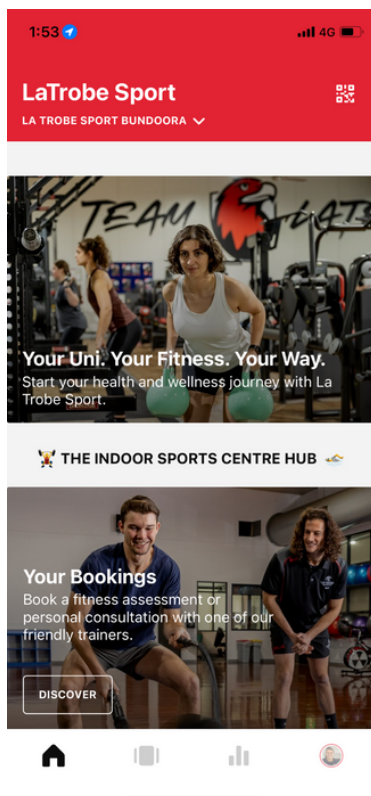
# LA TROBE SPORT APP

- Once all exercises are completed your workout will be finished, here you will have the opportunity to rate your workout from 0-5 stars. You will also be able to see your results, with calories burned, MOVES, summary of exercises and training effectiveness.



## Connect to Cardio Equipment

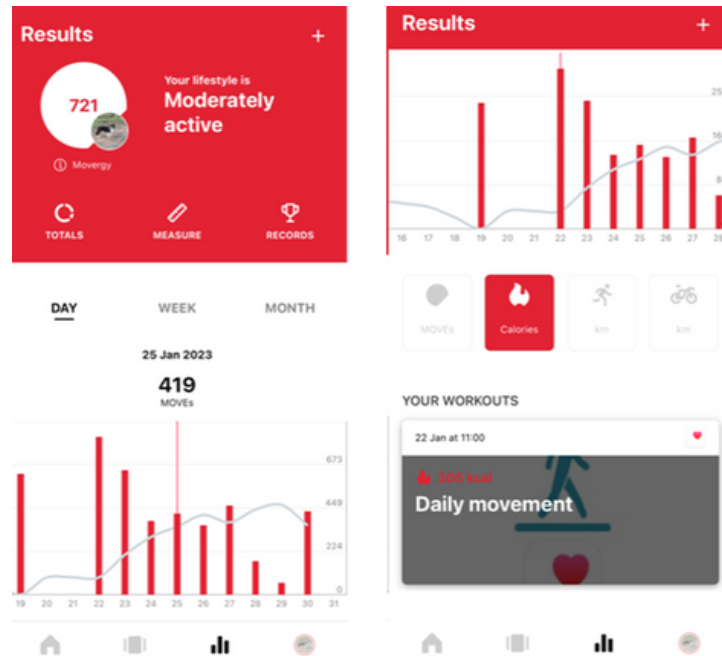
- Open La Trobe Sport and tap on QR code in the top right corner of the screen.
- Tap QR code on the cardio machine of your choice and scan the code which will log you into that machine and track your session.
- When finished, press 'CONTINUE' on the app and your session and progress will be stored!
- If this was your longest, fastest, or furthest activity you have completed, a badge will pop up on the screen congratulating you for your effort!!



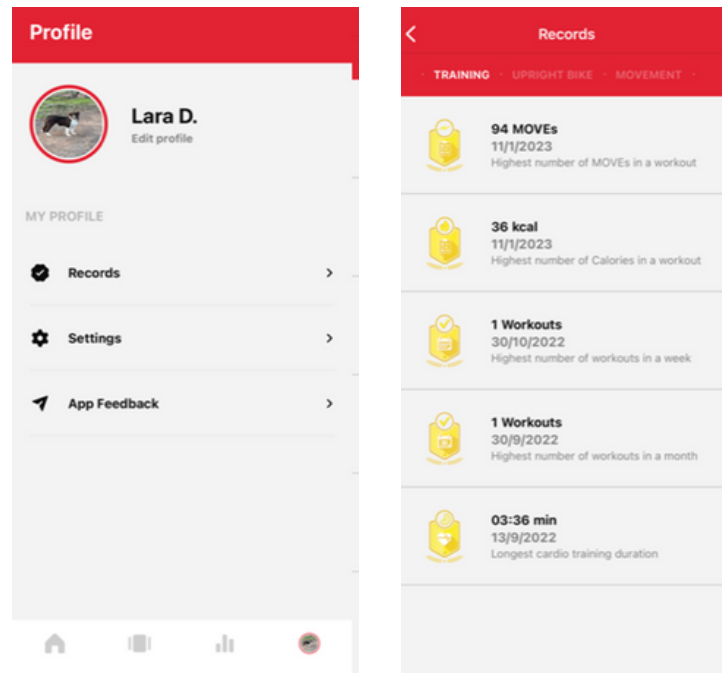
# LA TROBE SPORT APP

## View Workout History

- To view your workout history and stats navigate to the third tab of the app. This is your 'Results' tab.



- Alternatively select the fourth tab of the app. This is your 'Profile' tab
- Select records to view your achievements

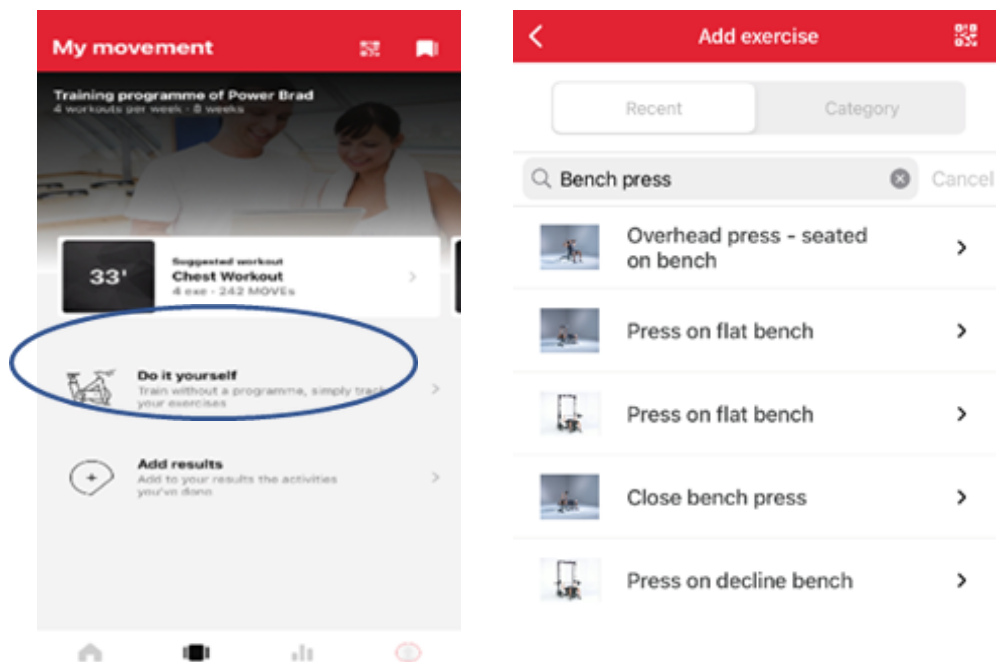




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## Logging your own training

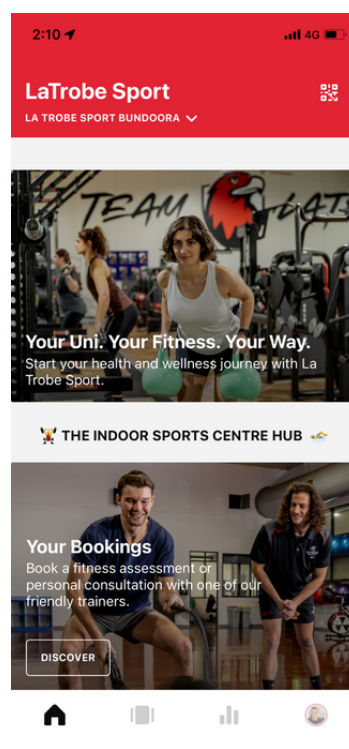
- In the 'My Movement' tab, select 'Do it yourself'
- This will take you to the 'Add Exercise' page, where you can then search for all exercises in the library and add them to your workout
- You can adjust the sets, reps, load, and rest time with the same method detailed above
- Once the workout is complete, you will also be able to rate your session and receive a workout summary



## Overview of App

### Home tab

- This is the first tab within the app
- From here you can access class and appointment bookings, facility updates, and access Sport Online to book a facility, purchase a membership, or manage payment details for an existing membership

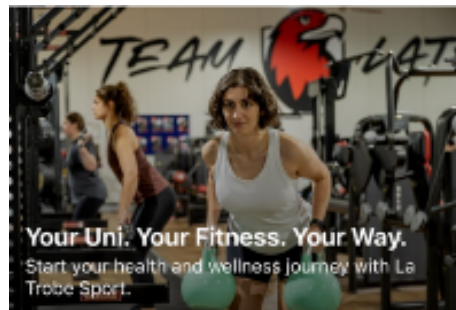


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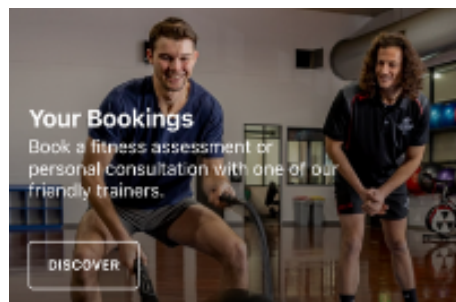
## 'Your Uni. Your Fitness. Your Way'

Provides access to the La Trobe Sport website that includes all the information you need in regard to our facilities and offerings.



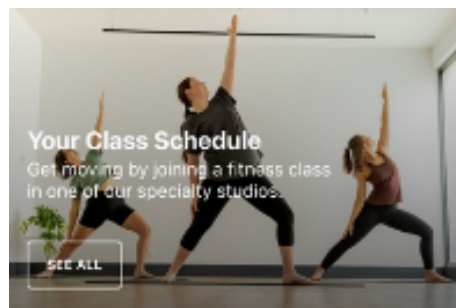
## 'Your Bookings'

Allows you to book in for a Gym Appointment (Gym Assessment, Gym Program Show, Gym Re-assessment)



## 'Your Class Schedule'

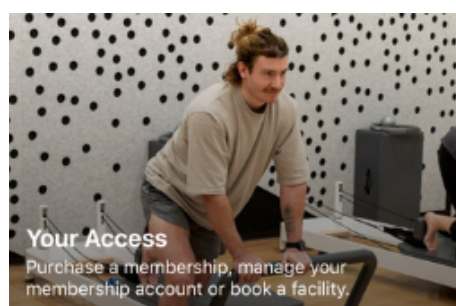
Allows you to view the Group Fitness schedule and book into your desired classes



## 'Your Access'

Provides access to Sport Online wherein you are able to.

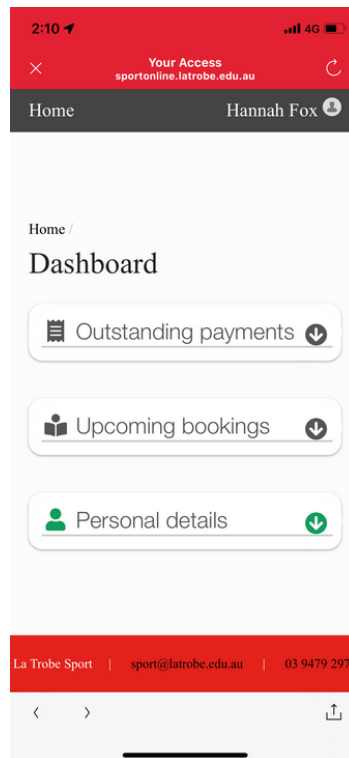
- Book a facility e.g., basketball court
- View facility availability e.g. pool lap lanes
- Purchase a new membership
- Amend your payment method and personal details for existing memberships



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- Once you have been taken to Sport Online will need to sign in, using your Sport Online login credentials.
- You will see a Bookings tab – this is where you are able to make facility bookings
- If you wish to view upcoming bookings, membership information, suspend a membership, or amend personal details. Select your name in the top RHS corner.
- Select Dashboard
- Select the relevant area you want to view or amend



## My Movements tab

- This is where you are able to view/access your programs or manually add in your workouts

## Results tab

- This is where you are able to view your workout history and exercise stats

## Profile tab

- This is where you are able to view your results and amend your app settings

# KEEP ACTIVE

# YOUR WAY

## Contact Us



**Phone Enquiries**  
(03) 9479 2973



**Website**  
latrobe.edu.au/sport



### Address (Melbourne Campus)

La Trobe Sports Stadium  
Sports Drive  
La Trobe University VIC 3086

Indoor Sports Stadium  
Centreway  
La Trobe University VIC 3086

### Address (Bendigo Campus)

Bendigo Sports Centre  
(La Trobe University Bendigo Campus)  
Flora Hill  
Victoria 3550

## Stay Connected



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All things facilities, sport and high-performance!



**@ltsactiverec**

All things Health & Fitness and Aquatic & Community Programs!



BACK TO HOME

