



VIRTUAL GROUP TRAINING FAQ

Q: What is Virtual Group Training?

A: Virtual group training is an exciting new fitness program conducted remotely over video conference. With six different workout formats that target specific goals, each session is led by a 24 Hour Fitness coach who will demonstrate moves and give feedback to participants if they opt to enable their cameras. Chat is available to ask questions throughout the workout.

Q: Who is it for?

A: Anyone who wants to ignite their fitness with a coach and community, from wherever they are. Whether you're traveling, taking care of kids at home, can't make it to the gym or are looking for a way to complement your workout routine, virtual group training is offered in multiple formats, with modifications offered to keep workouts accessible to a variety of fitness levels and needs.

Q: Will I be okay if I'm a beginner or not already in shape?

A: We welcome beginners and meet many in our sessions! While we don't have a "beginner" workout, our coaches offer exercise alternatives to make sure each class is appropriately challenging for you.

If it's your first time, arrive 10 minutes early and make sure your workout space is ready.

Q: What kinds of workouts are available?

A: We offer over 50 live classes, 7 days a week, in six popular workout formats:

Sweat24™: A 25-minute, high-intensity interval training (HIIT) session that kicks your heart rate up to help maximize your total fitness.

Power24™: A 50-minute session focused on building full-body strength using just your bodyweight or minimal equipment. Think squats, push-ups, lunges, and rows!

Core24™: A 25-minute core workout moving through variations of planks, crunches, loaded carries and much more.

Burn24™: 50 minutes of glutes galore. Plus, exercises to tone all the muscles in your lower body.

Active Aging: 50 minutes of strength, balance, stability, mobility and conditioning designed to help older adults stay fit for everyday life.

Flow24™: A combination of yoga, movement flow and Pilates that supports flexibility and core strength. Quiet your mind as you recharge and recover.

Q: Where can I find the virtual group training schedule?

A: You can preview the schedule at any time at <https://www.24hourfitness.com/training/virtualgrouptraining/>. To access the Zoom links for each class, you will need to log in at that link or open the 24GO® app and tap the Training tab, then Group Training.

Q: What do I need to get started?

A: We use Zoom, an online video communications platform. Zoom can be downloaded for free on a personal computer or mobile device at <https://zoom.us/download>.

For the workout, you do not need any special equipment. While some classes give you the option of adding weights or supports, we offer creative programming and can incorporate alternate items or challenge you with purely bodyweight exercises.

Q: How much does it cost?

A: Virtual group training is included at no extra cost with 24 Hour Fitness membership. Non-members can also access it by subscribing to 24GO Plus™, a curated collection of premium on-demand and virtual workouts offered through the 24GO® app. A 24GO Plus™ subscription is \$14.99/month after a 14-day free trial.

Q: How do I join a virtual group training session?

A: If you're a 24 Hour Fitness member, you can join a virtual group training session on the web at <https://www.24hourfitness.com/training/virtualgrouptraining/> or through the 24GO® app. To join on the web, simply log in using your date of birth and the check-in or member number associated with your 24 Hour Fitness account.

To join on your phone or mobile device, download the free 24GO® app from the App Store or Google Play. Enter your member or check-in number when you first set up your 24GO® profile, then tap the Training tab and Group Training to see the schedule, join sessions or add them to your calendar for future access. If you already have the app and are seeing a lock when you try to open virtual group training, simply open your 24GO dashboard, tap the settings icon and tap "Sync to 24 Account" to sync your accounts.

If you are not a 24 Hour Fitness member, you can try virtual group training for 14 days free with a 24GO Plus™ subscription. At the end of your 14-day trial, your subscription will automatically renew each month for \$14.99.

To join:

- Download the 24GO app from the App Store or Google Play and register as a guest using your email and password.
- Tap on Training, then Group Training. You will be prompted to sign up for a free 14-day trial.
- Once you've subscribed, tap any session to join in.

Q: Who coaches virtual group training?

A: See who's coaching each class in the 24GO® app.