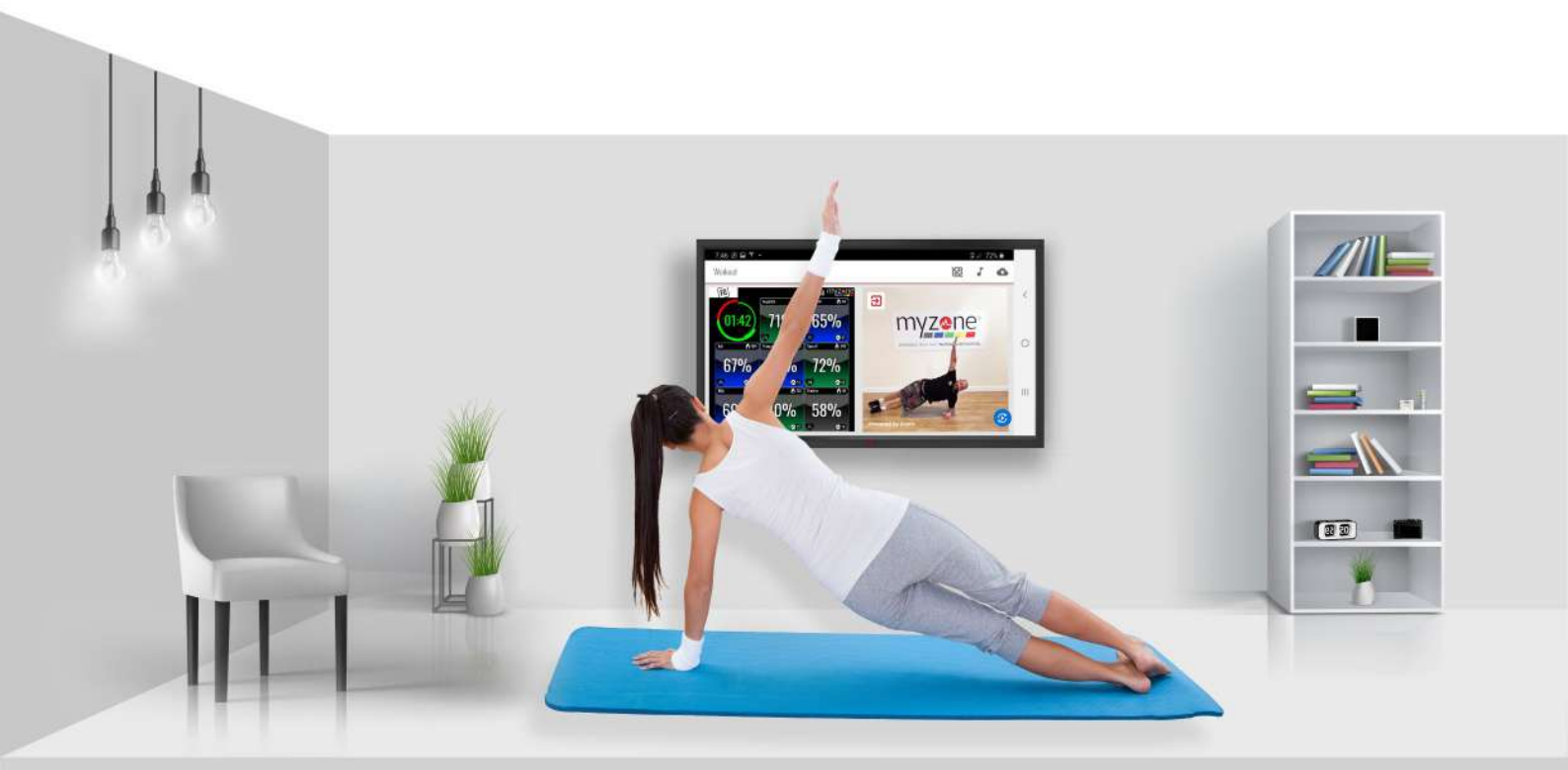


Introducing  
**MZ-REMOTE**



**MZ-Remote** is a virtual gym training tool that allows instructors to communicate with their members and displays live heart rate data for all class participants on one screen, no matter where you choose to workout. With MZ-Remote, you can workout with your gym buddies and take part in your favorite classes without needing to step outside of your front door!

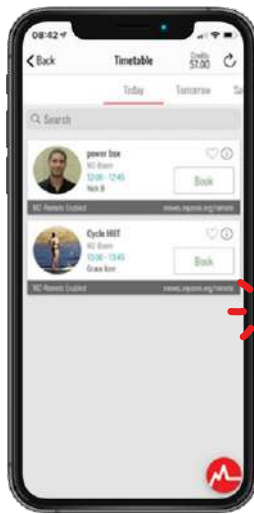
Simply use your mobile device, iPad or TV screen to receive live feedback with everyone's color zones and the instructor on one screen. The instructor provides encouragement for you to stay in the optimum color zone just like the real gym experience. **Just sign up and turn up. You will feel motivated to push harder and excited about exercise!**

When paired with a video streaming platform, such as Zoom, MZ-Remote enables class instructors to communicate with, and motivate you using the colored zones displayed on a group live board. The instructor is also able to provide tips for exercise technique and view the collective effort zones of everyone in class.



**Transform your living room into a virtual studio and take your at home workout to the next level with MZ-Remote.**

# IT'S EASY! LEARN HOW TO USE MZ-REMOTE.

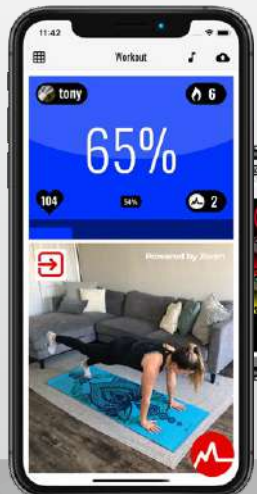


## 1 | BOOK A CLASS

You will be able to book into virtual classes using the MZ-Book feature within the Myzone app. From the main menu, select '**Book a Class**', then select '**Timetable**', then choose from a list of classes to reserve your spot.

## 2 | JOIN A CLASS

Five minutes before the beginning of the class, you should put your belt on and launch the Myzone app on your mobile device. A push notification will appear on your app prompting class participants to join, this will take you directly to the Workout section, automatically connecting you to the live video stream.



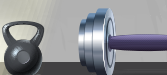
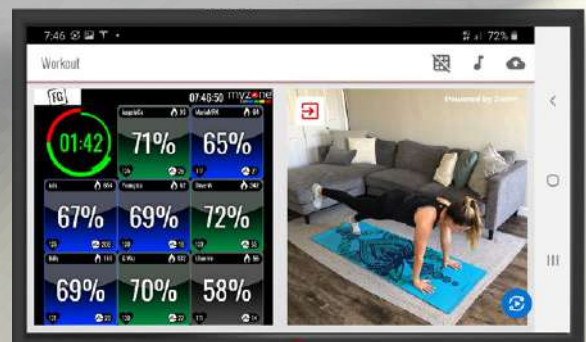
## 3 | MONITOR LIVE EFFORT TRACKING

You will be able to view the instructor and the live-board on your mobile device. You can also toggle between your personal effort tile and the group live-board. If you prefer not to display your effort tile on the live board you can remove this within the app and rejoin again at any time.

## 4 | REPLICATE THE STUDIO EXPERIENCE

Alternatively, you can screen mirror the Myzone app to the big screen for an improved experience.

Learn more at [myzone.org/mz-remote](https://myzone.org/mz-remote)



# SHARING CLASSES TO MULTI LOCATIONS

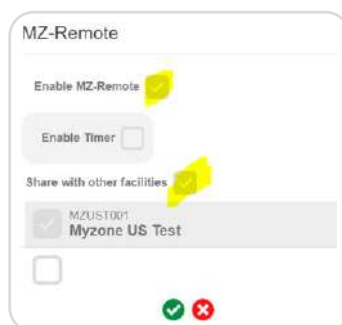


Long awaited, you can now share an MZ-Remote class to another facility's booking diary! This only works if you have **owner's permission to the other facility locations**. To clarify, you must have owner's access to the other facilities as a club operator, this does not work with coach or employee permission. Sharing classes to other facility schedules also only works for MZ-remote classes, it does not work for regular MZ-Book classes.

- To complete this, navigate to the class schedule and upon creating your class in the schedule, select the cog:



- Enable MZ-remote at the bottom, then select share class with other locations where then you can select the location(s) you wish to share the class with:



- Once saved, you will see the shared class in the booking diary of the other locations:



We've created a short video that shows the above in video format as well:

[CLICK HERE](#)