

SelfLoops Classes Management

for scheduling classes and automatic sensors assignment

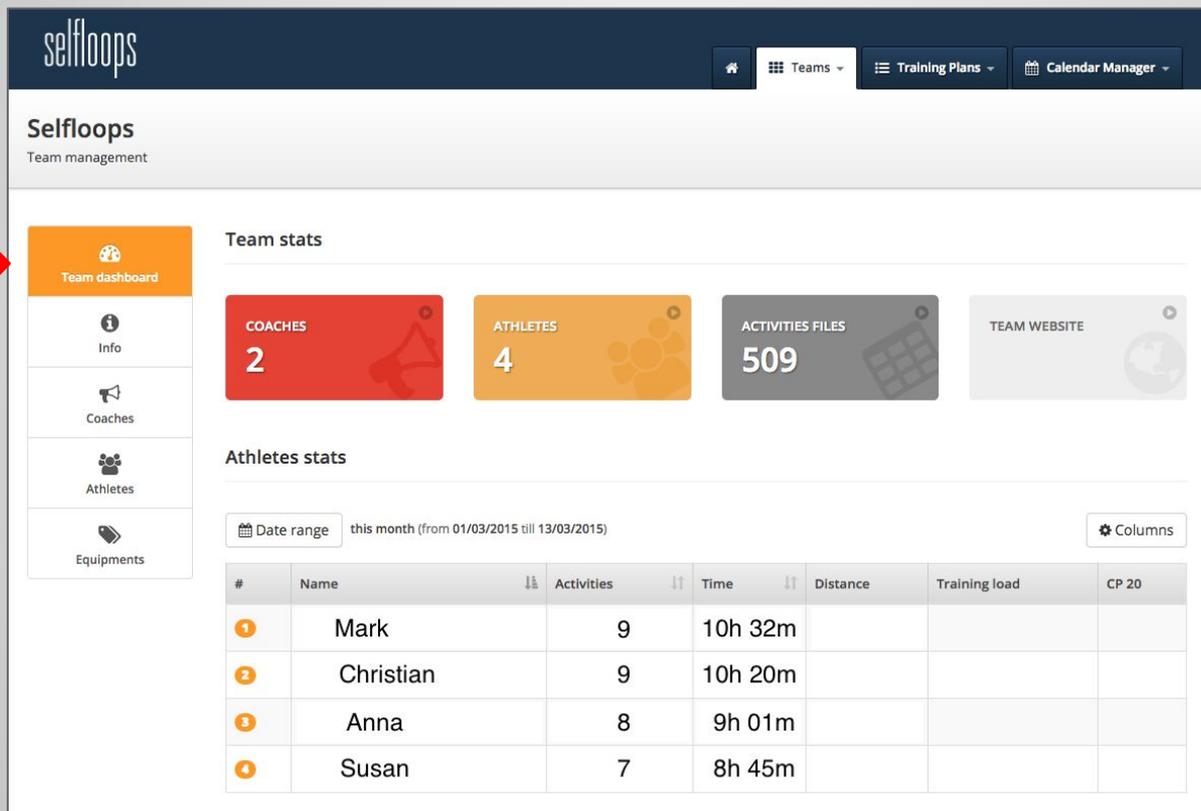


Getting Started

Sign Up or Login at www.selfloops.com



Team dashboard with statistics



The screenshot shows the Selfloops team management interface. At the top, there is a dark blue navigation bar with the 'selfloops' logo on the left and menu items for 'Teams', 'Training Plans', and 'Calendar Manager' on the right. Below the navigation bar, the page title 'Selfloops' and subtitle 'Team management' are displayed. On the left side, there is a vertical sidebar menu with four items: 'Team dashboard' (highlighted in orange and pointed to by a red arrow), 'Info', 'Coaches', and 'Equipments'. The main content area is divided into two sections: 'Team stats' and 'Athletes stats'. The 'Team stats' section features four large, colorful cards: 'COACHES' with a value of 2 (red card), 'ATHLETES' with a value of 4 (orange card), 'ACTIVITIES FILES' with a value of 509 (grey card), and 'TEAM WEBSITE' (light grey card). The 'Athletes stats' section includes a date range selector set to 'this month (from 01/03/2015 till 13/03/2015)' and a 'Columns' button. Below this is a table with columns for '#', 'Name', 'Activities', 'Time', 'Distance', 'Training load', and 'CP 20'. The table contains four rows of athlete data.

#	Name	Activities	Time	Distance	Training load	CP 20
1	Mark	9	10h 32m			
2	Christian	9	10h 20m			
3	Anna	8	9h 01m			
4	Susan	7	8h 45m			

Add a new athlete in the team

Athletes

Search an athlete, access his activities or set his data directly on this page.

Search an athlete

Create a new athlete in this team [New](#)

Fill the form with the data of the new athlete (optional fields are in grey).
When you save the data, an email is sent to the address you entered in the form. The user must open the email and click on the link to activate his account.

First Name:

Last Name:

Email:

Confirm email:

Username:

Password: min 6 characters

[Save](#) [Reset](#)

Manage sensors

In the Equipments section you'll add all the sensors (HRMs, bike sensors, etc.)

If the sensors are always assigned to the same athletes, assign the sensors in this section.

If the sensors are "loaners" you'll use the class management system to dynamically assign them to the athletes.

SelfLoops
Team management

Manage your SelfLoops Group Fitness sessions

Assign the heart rate monitors to your team and automatically synchronize the list in your devices with the SelfLoops Group Fitness application.

Assign HRM (Heart Rate Monitor)

Search athlete:

Athlete	HR Sensor
Mark	HRM 1 (62FFCC13)
Anna	HRM 2 (32FEBA12)
Susan	HRM 3(44FDCC14)
Christian	HRM 4 (01CADE4A)

Manage Sensors

[New](#)

Label	HR ID	Action
HRM 1	62FFCC13	<input type="checkbox"/> <input type="checkbox"/>
HRM 2	32FEBA12	<input type="checkbox"/> <input type="checkbox"/>
HRM 3	44FDCC14	<input type="checkbox"/> <input type="checkbox"/>
HRM 4	01CADE4A	<input type="checkbox"/> <input type="checkbox"/>
		<input type="checkbox"/> <input type="checkbox"/>

Manage Classes

In your team section, in the Classes tab you'll create and edit your classes

 Team dashboard

 Info & Settings

 Coaches

 Athletes

 Equipments

 **Classes**

Group Classes

[Create class](#) ← October 24, 2016 - October 30, 2016 →

Monday October 24, 2016		Name	Instructor	Location	Room	Edit
07:00 am	signed in (2/30)	HIIT	Mark	Boston	Training Room 2	
05:00 pm	signed in (4/3)	Indoor cycling	Jennifer	Boston	Training Room 1	

Tuesday October 25, 2016		Name	Instructor	Location	Room	Edit
07:00 am	signed in (2/30)	HIIT	Mark	Boston	Training Room 2	
05:00 pm	signed in (4/3)	Indoor cycling	Jennifer	Boston	Training Room 1	

Wednesday October 26, 2016		Name	Instructor	Location	Room	Edit
07:00 am	signed in (2/30)	HIIT	Mark	Boston	Training Room 2	
05:00 pm	signed in (4/3)	Indoor cycling	Jennifer	Boston	Training Room 1	

Create/Edit a new class

selfloops

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Team dashboard

Info & Settings

Coaches

Athletes

Equipments

Classes

Update class schedule

Name
HIIT

Description
high intensity interval training session

Location
Boston

Instructor
Mark

Room
Training Room 2

Start date
18/10/2016

End date
31/10/2016

Start time
07:00 am

End time
08:00 am

Week schedule
 Sun Mon Tue Wed Thu Fri Sat

Max capacity
30

Available sensors
A list of reservable sensors for this class.

HRM1 HRM2 Bike 1 Bike 2 Bike 3

Pre-enrolled athletes
A list of athletes that will be automatically signed up for this class.

Type to search for an athlete

Save & Close **Close**

07:00 am signed in (0/30) class of today Christian Attidona Weigh

Assign sensors

In the “**Available sensors**” field you will add **loaners** (HRMs, bike sensors, rowers, etc).

Loaners will automatically be assigned to the participants when they sign-up for a class.

Clients can always choose their bike/rower/HRMs at signup from the available sensors list.

You can also assign loaners from the Classes tab

All sensors must be first registered in the Equipment tab.

Sensors that are always assigned to the same person (for example, when the client has his own HRMs) should **NOT** be specified in the Class “**Available Sensors**” field.

Permanent assigned sensors must be statically assigned to the clients in the Equipment section.

Update class schedule

Name: HIT Start time: 07:00 am

Description: high intensity interval training session End time: 08:00 am

Week schedule: Sun Mon Tue Wed Thu Fri Sat

Max capacity: 30

Instructor: Mark

Room: Training Room 2

Start date: 18/10/2016

End date: 31/10/2016

Available Sensors

HRM1 HRM2 Bike 1 Bike 2

Bike 3

Pre-enrolled athletes

Type to search for an athlete

Save & Close Close

Manage your SelfLoops Group Fitness sessions

Assign the heart rate monitors to your team and automatically synchronize the list to your devices with the SelfLoops Group Fitness application.

Assign HRM (Heart Rate Monitor)

Search athlete:

Athlete	HRM Sensor
Mark	HRM 1 (62FFCC13)
Anna	HRM 2 (32FEBA12)
Susan	HRM 3(44FDCC14)
Christian	HRM 4 (01CADE4A)

Manage Sensors

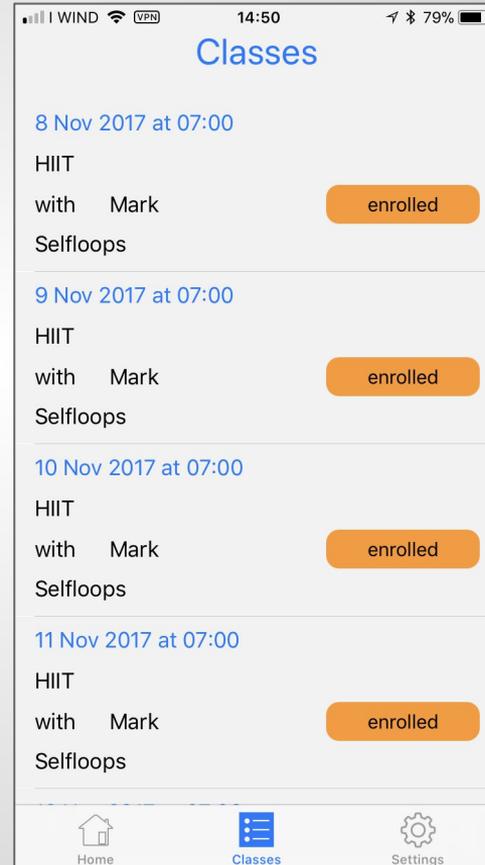
New

Label	HRM ID	Action
HRM 1	62FFCC13	✓ []
HRM 2	32FEBA12	✓ []
HRM 3	44FDCC14	✓ []
HRM 4	01CADE4A	✓ []

Different ways users can sign up for classes

Users can sign up for classes with

- [The Sloops iPhone app](#)
- [The Sloops Android app](#)
- [The Selfloops website](#)
- Mindbody



How users sign up for classes in the website

First login at www.selfloops.com



Signing-up in the website

After logging in, the user chooses his team and signs up for the class

The screenshot displays a web interface for class sign-up. At the top, there are three tabs: 'Classes' (selected), 'Members', and 'Coaches'. A date range selector shows 'Oct 24, 2016 - Oct 30, 2016' with left and right navigation arrows. The main content is organized by day, with 'Monday OCT 24' and 'Tuesday OCT 25' listed on the left. For each day, there are two class options: 'HIIT' by Mark at 07:00 am and 'INDOOR CYCLING' by Jennifer at 05:00 pm. The 'HIIT' classes have a 'sign up' button, while the 'INDOOR CYCLING' classes have an 'enrolled' button.

Day	Time	Class Name	Instructor	Status
Monday OCT 24	07:00 am	HIIT	Mark	sign up
	05:00 pm	INDOOR CYCLING	Jennifer	enrolled
Tuesday OCT 25	07:00 am	HIIT	Mark	sign up
	05:00 pm	INDOOR CYCLING	Jennifer	enrolled

Signing up for the class

At sign up the athlete sees the sensors that have been automatically assigned to him for the class. He can change the sensors, if others are available.

The screenshot displays a web interface for signing up for a class. A modal window is open for the class "INDOOR CYCLING" on Monday, October 24, at 05:00 pm. The modal shows the user is "Enrolled" with a green checkmark icon and a "Unenroll" link. Below this, the "Your class sensors" section includes two dropdown menus: "Heart rate sensor" set to "HRM 1" and "Power sensor" set to "Bike 2". A "Save & Close" button is located at the bottom right of the modal. The background interface shows a calendar view with tabs for "Classes", "Members", and "Coaches", and a "sign up" button for the selected class.

Manager can also signup clients

The manager can also signup clients to classes and manually assign them loaners. Sensors that are permanently assigned to clients must only be assigned in the Equipment section.

Group Classes

Create class

March 06, 2017 - March 12, 2017

Monday March 06, 2017

Tuesday March 07, 2017

Wednesday March 08, 2017

Thursday March 09, 2017

Friday March 10, 2017

Saturday March 11, 2017

Sunday March 12, 2017

Name	Instructor	Location	Room	Edit		
07:00 am	signed in (0/20)	Cardio Workout	Stephen	Seattle	cardio	

Cardio Workout - Sunday March 12, 07:00 am

John

HR: loaner-12

Group Classes

Create class

March 06, 2017 - March 12, 2017

Monday March 06, 2017

Tuesday March 07, 2017

Wednesday March 08, 2017

Thursday March 09, 2017

Friday March 10, 2017

Saturday March 11, 2017

Sunday March 12, 2017

Name	Instructor	Location	Room	Edit		
07:00 am	signed in (0/20)	Cardio Workout	Stephen	Seattle	cardio	

Cardio Workout - Sunday March 12, 07:00 am

Add athlete

Search an athlete by na...

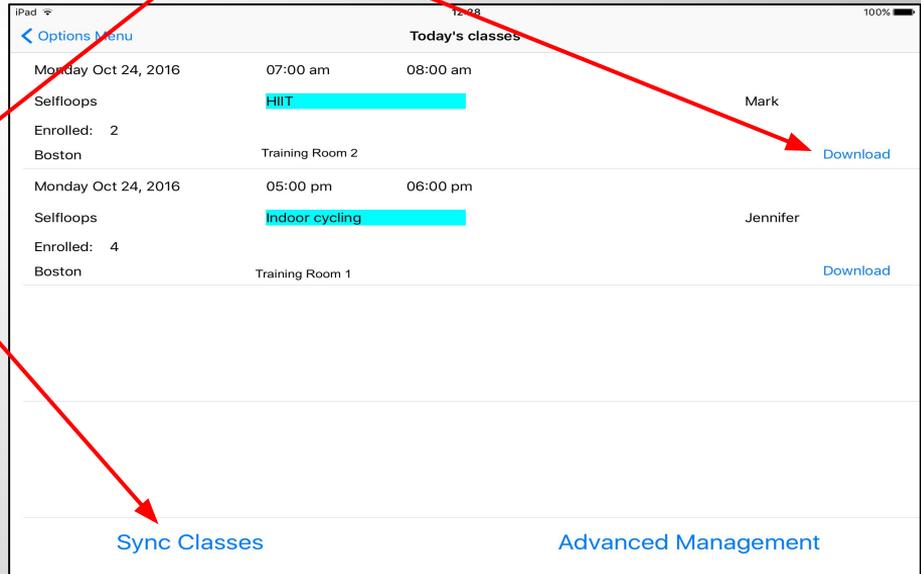
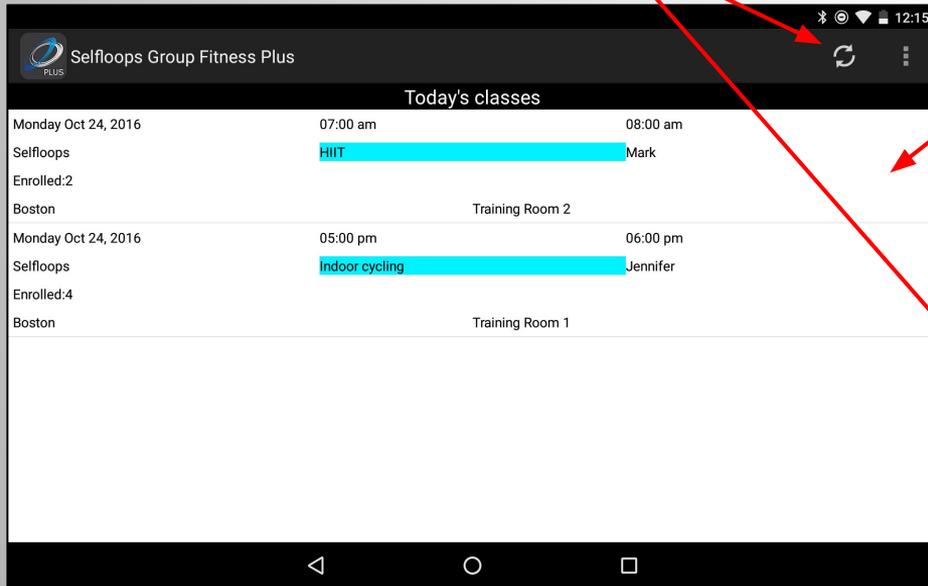
Synchronize the data on the tablet

In the tablet (Android or iPad), go to the Classes section. Sync the classes and download the info.

If you use Classes you should not synchronize users in the “Manage Users” section of the application.

Sync

Download



The scope of the service is to make people aware of their fitness performance and to train more effectively when real-time intensity feedback is given.

With this service coaches can monitor their class and train people according to their fitness intensity zones.

Committed, controlled - take your classes to the next level!



Contacts

SelfLoops Group Fitness webpage:

<http://www.selfloops.com/products/groupfitness.html>

email: sales@selfloops.com

