

SelfLoops Classes Management

for scheduling classes and automatic sensors assignment




Getting Started

Sign Up or Login at www.selfloops.com



Team dashboard with statistics



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Team management

Team dashboard

- Info
- Coaches
- Athletes
- Equipments

Team stats

COACHES 2

ATHLETES 4

ACTIVITIES FILES 509

TEAM WEBSITE


Athletes stats


Date range: this month (from 01/03/2015 till 13/03/2015)


Columns


#	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





Team dashboard


Info


Coaches


Athletes


Equipments

Athletes

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

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

SaveReset

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.

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Team management

Team dashboard

Info

Coaches

Athletes

Equipments

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	<div><div></div><div></div></div>
HRM 2	32FEBA12	<div><div></div><div></div></div>
HRM 3	44FDCC14	<div><div></div><div></div></div>
HRM 4	01CADE4A	<div><div></div><div></div></div>
		<div><div></div><div></div></div>


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

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Selfloops

Team management

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

Altidona

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

Location: Boston Week schedule: Sun Mon Tue Wed Thu Fri Sat

Instructor: Mark Max capacity: 30

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

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

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 kit to 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

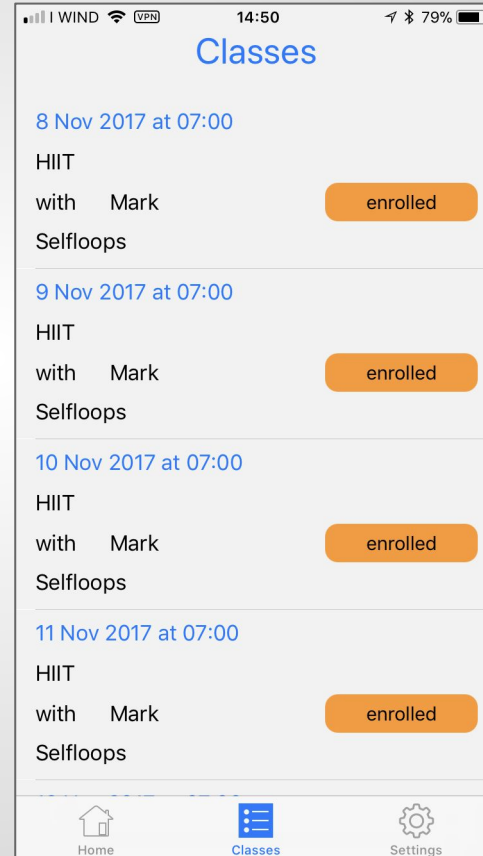
New

Label	HR ID	Action
HRM 1	62FFCC13	✓
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

Classes

Members

Coaches

<


Oct 24, 2016 - Oct 30, 2016

>

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.

INDOOR CYCLING Monday October 24, 05:00 pm

Enrolled

Unenroll

Your class sensors

Heart rate sensor: HRM 1

Power sensor: Bike 2

Save & Close

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 x +

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...

✓ ✕

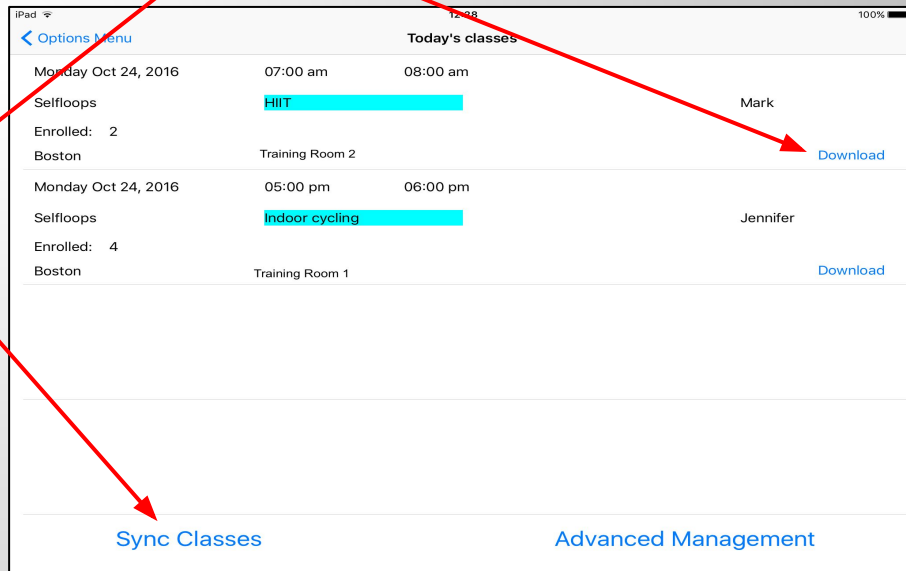
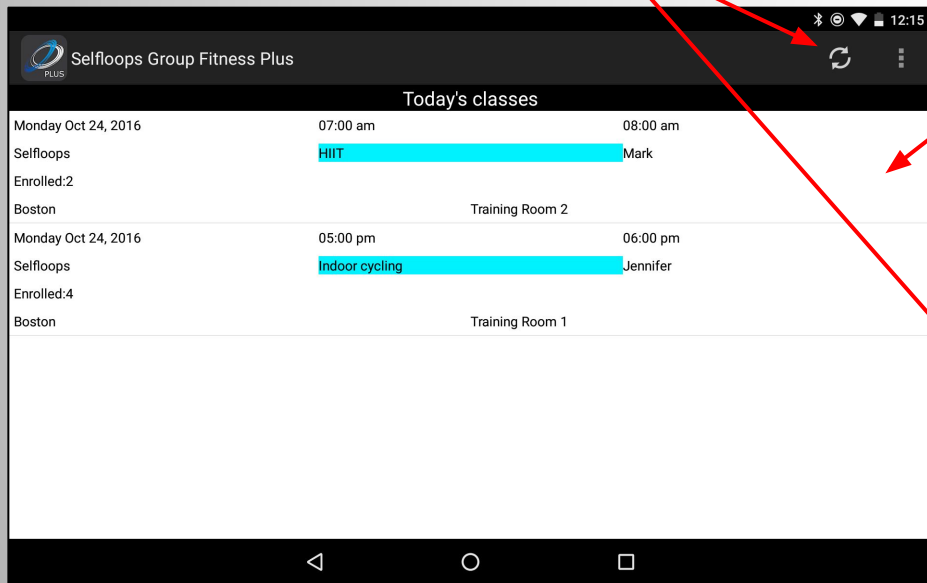
Synchronize the data on the tablet

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

