Using your Bloom Fitness Athlete Account

- **Log-in to your Bloom Fitness account**
  - www.gobloom.org
  - Email address: use your email address (case-sensitive—caps matter!)
  - Password: BloomApp2022 (Password can be changed later in your profile)
  - Read and "agree" to the waiver (first log-in only)

- **Overview Page**
  - Summary of your progress
  - Summary of upcoming & available classes

- **Classes Page**
  - **Join a Bloom Live! Class** (scheduled times only)
    - **Click on "Live Classes"** to view upcoming class info:
      - Dates/times, type of class, and instructor
    - **3 options for Bloom Live! classes:**
      - **"Join now"** → Class is happening—click to join!
      - **"Starting soon"** → Get ready—check the times!
      - **"Upcoming"** → Classes to look forward to!
    - **Join Now**
      - Allow computer to share mic and camera (first class only)
      - Another window will open with 2 options
        - You can hear and see instructor on video—class has started!
        - Black screen with message: "live class has not started" please be patient—instructor will be here soon!
      - Please keep your microphone off during class
        - To mute/un-mute, click mic icon in top left of your video box
    - **Leave Class**
      - If you need to leave class for some reason, click "leave class" above your video box

- o **Watch a Recorded Class/Video** (available ANY time!)
  - ▪ **Click on "Recorded Classes"** to view all videos
    - • Videos are classified by category (Dance, Yoga, Strength, etc.)
    - • **Click on a category to see which videos are available:**
      - o Each video will have basic information:
        Title with icon that matches category; Screenshot of
        actual video; Instructor name; Length of video
      - o **Click the x in the selected category to go back**
    - • Once you select the video you would like to watch, click **"watch now"**
      - o A new window will appear with the video
      - o **Pause or rewind** anytime if you need a break or more help
- • **My Progress page**
  - • Top heart bar will show you your progress with completed number of classes;
    scroll the bar to see how far you've come!
  - o **Purple "my progress" box**
    - ▪ displays total number of classes and reminds you that you can get credit for
      one class a day
  - o **My Support team section**
    - ▪ Share your progress with friends & family members—having a support team
      will help keep you motivated!
      - • You may add 1-5 support team members (can be changed/updated)
    - ▪ Click **"add supporter"**
      - • A box will pop-up to add a new support team member
        - o **Enter your person's name**/nickname
        - o **Enter your person's email address** (you must have this!)
        - o Click **"invite member"**
          - ▪ Your person will receive email updates about your
            progress with Bloom Fitness
    - ▪ Your support team members will be listed on your progress page

- **Profile Page**
    - o Your contact information will be the first thing you see; or **click "my profile"**
        - ▪ Name, email address, mailing address, clothing sizes
        - ▪ This allows you to receive hard-earned Bloom awards
        - ▪ Click **"edit profile"** button below data boxes to change/add info
        - ▪ Once you have entered the new info, click **"save"**
    - o **Change your password**
        - ▪ You are free to change your password, but make sure it is something that you can remember and that you write it down or share with a family member!
        - ▪ Click **"password"** between "my profile" and "follow bloom"
        - ▪ Click **"edit password"** below the data boxes
            - • Type in your current password: **BloomApp2022**
            - • Come up with a new password (must be at least 6 characters)
                - o Type in your new password
                - o Type in your new password again
                - o Both passwords must be exactly the same (caps matter!)
            - • Click **"save"**
    - o **Follow Bloom**
        - ▪ Have a social media account (Facebook, Instagram, or LinkedIn) and want to follow Bloom Fitness?
            - • Click "#Follow Bloom"
                - o Click to follow on Facebook, Instagram, or LinkedIn
- **Log-out of the app**
    - o To exit the Bloom Fitness App, **click the small arrow by your name** in the top right corner
    - o **Click "sign out"** (box will pop up)
    - o See you again soon at Bloom Fitness!

Using the new ◁ Bloom Fitness App
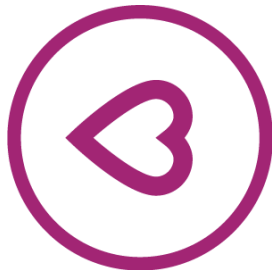
DOWNLOAD THE BLOOM FITNESS APP

Android ◁ **Computer** ◁ **iPhone**

Coming Soon!

Open the webpage:

www.gobloom.org

OPEN THE BLOOM FITNESS APP

◁ Bloom Fitness

Sign into your
Bloom Fitness
account

Email Address

Password

Sign In

Don't have an account? Sign Up ->

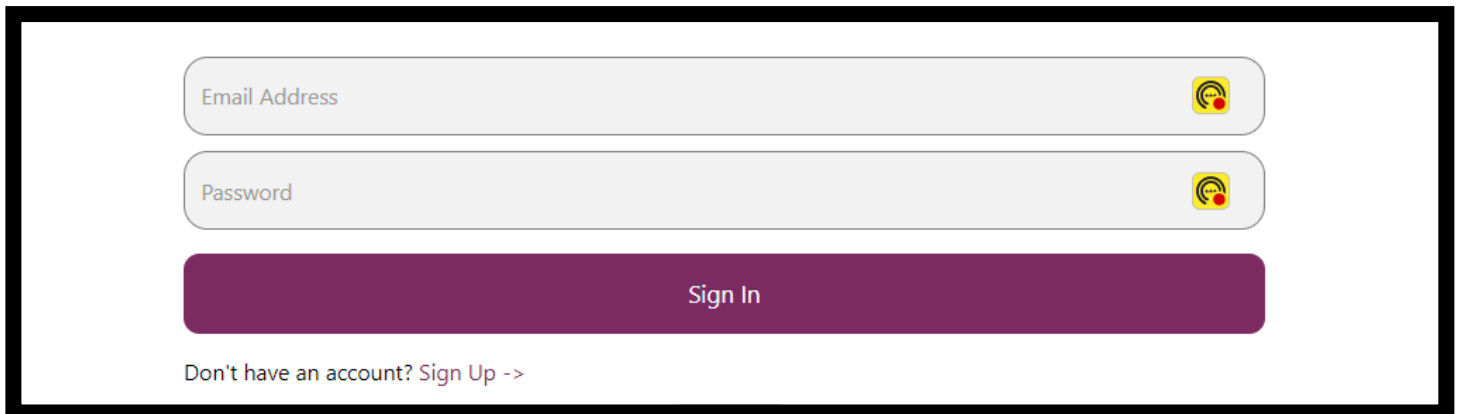By clicking Sign In, you agree to our Terms and Conditions↗.
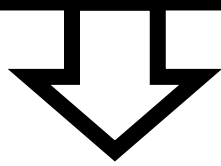
v. 2.4.3

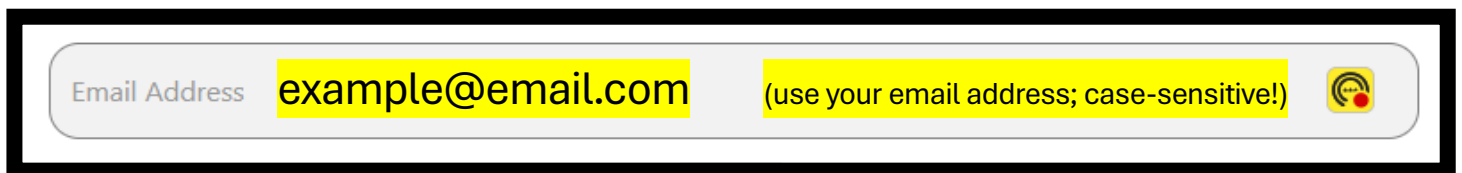It's
Time to
Bloom!

SIGN INTO YOUR BLOOM FITNESS ACCOUNT
(for Athletes who already have a Bloom account)

Email Address

Password

Sign In

Don't have an account? Sign Up ->
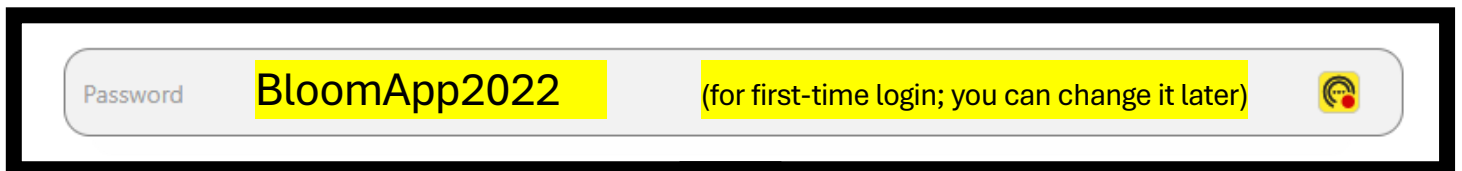
1) TYPE IN YOUR EMAIL ADDRESS

Email Address **example@email.com** (use your email address; case-sensitive!)
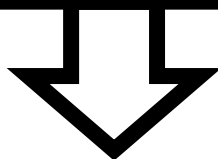
2) ENTER THE GIVEN PASSWORD

Password **BloomApp2022** (for first-time login; you can change it later)
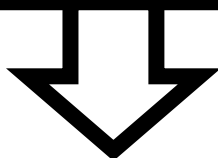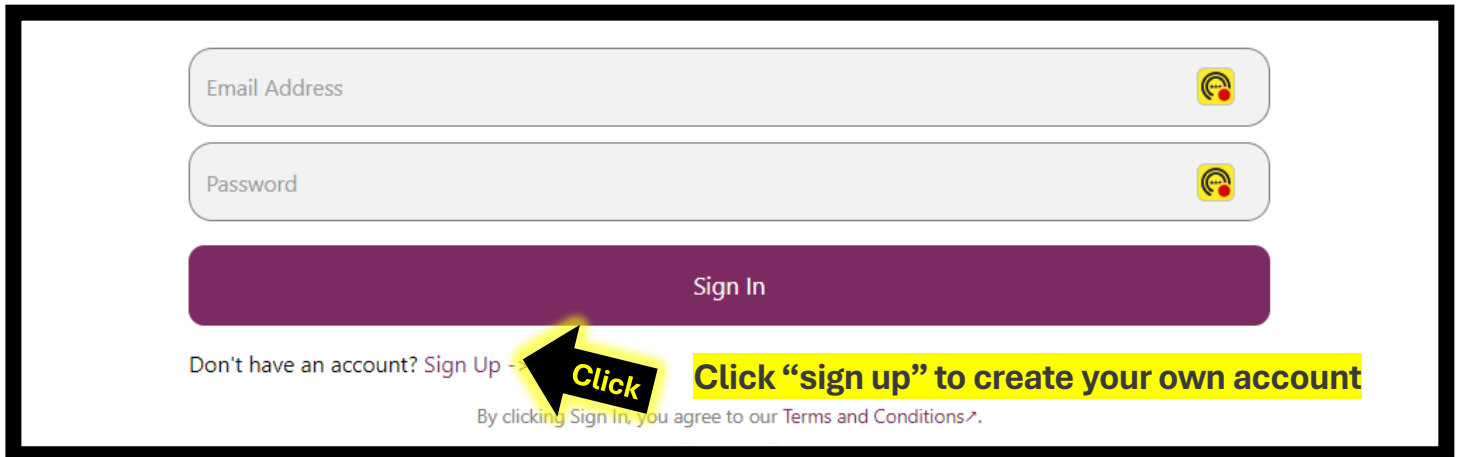
3) CLICK TO SIGN IN TO YOUR ACCOUNT

Sign In **Click**

CREATE A BLOOM ACCOUNT (NEW USERS)

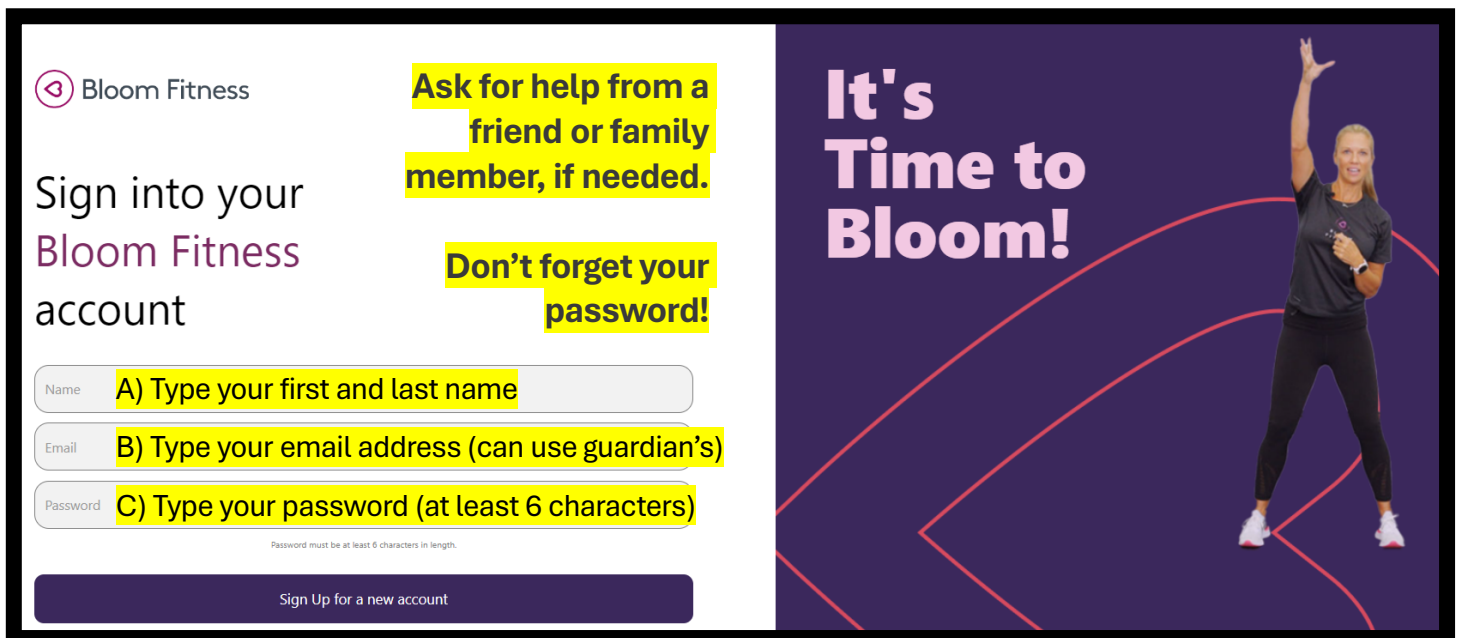Email Address

Password

Sign In

Don't have an account? Sign Up -

Click

Click "sign up" to create your own account

By clicking Sign In, you agree to our Terms and Conditions↗.

1) ENTER YOUR ACCOUNT INFORMATION

◁ Bloom Fitness

Sign into your
Bloom Fitness
account

Ask for help from a friend or family member, if needed.

Don't forget your password!

Name — A) Type your first and last name

Email — B) Type your email address (can use guardian's)

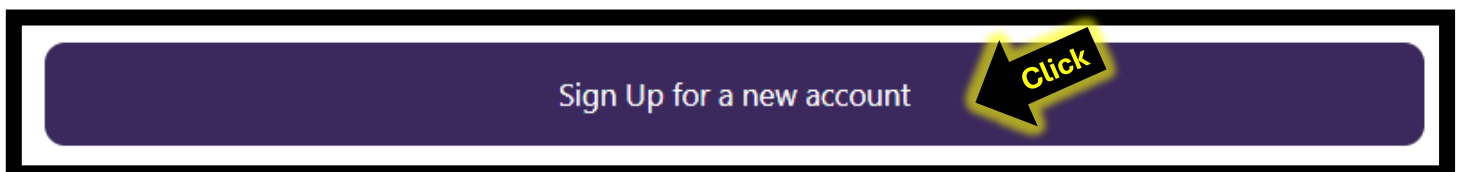Password — C) Type your password (at least 6 characters)

Password must be at least 6 characters in length.

Sign Up for a new account

It's Time to Bloom!

2) CLICK TO ENTER YOUR ACCOUNT

Sign Up for a new account

Click

AGREE TO THE BLOOM FITNESS WAIVER

fitness activities, including Bloom Programs, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that you may sustain as a result of said participation. As a material inducement for Bloom to permit you to participate in Bloom Programs, you hereby, on behalf of yourself, your heirs, executors and assigns, fully, forever and irrevocably waive, release and hold Bloom, its, directors, agents, representatives, employees, consultants, affiliated entities, partners, and successors (collectively "Bloom Parties") harmless from any and all claims (including, to the extent permitted by applicable law, claims alleging negligence on behalf of any Bloom Party), injuries, damages or loss (including legal fees), present or future, foreseen or unforeseen, anticipated or unanticipated (collectively "Claims"), that you may have (or that accrue to you) against any Bloom Party, and generally release and discharge the Bloom Parties from any and all Claims, including but not limited to those involving: (i) participating in any supervised or unsupervised fitness activities, (ii) use of any fitness equipment, (iii) any loss or theft of personal property, and (iv) accidental injuries, such as "slip and fall" injuries on or outside of Bloom premises, and you hereby promise never to assert or assist any other party in asserting, any claims or causes of action against any Bloom Party in any matter that in any way relates to any Claims.

I represent that I fully understand the above and have the authority to sign this waiver.

I Agree

SAFETY IS KEY!!

(First log-in only)

Scroll down to read entire waiver

CLICK TO ENTER YOUR ACCOUNT

I Agree ◄ Click

WELCOME TO THE BLOOM FITNESS APP!

Bloom Fitness

Welcome beryl bailey
Have a great day at Bloom Fitness today!

beryl bailey
Athlete

EXPLORE YOUR OVERVIEW PAGE

Bloom Fitness

Welcome beryl bailey

Have a great day at Bloom Fitness today!

beryl bailey
Athlete

Overview

Classes

My Progress

Profile

This page gives you all the basic info.

Main Menu with links

Click any of the 3 links for more detailed information

My Progress

How many classes have I completed?

2 TOTAL CLASSES
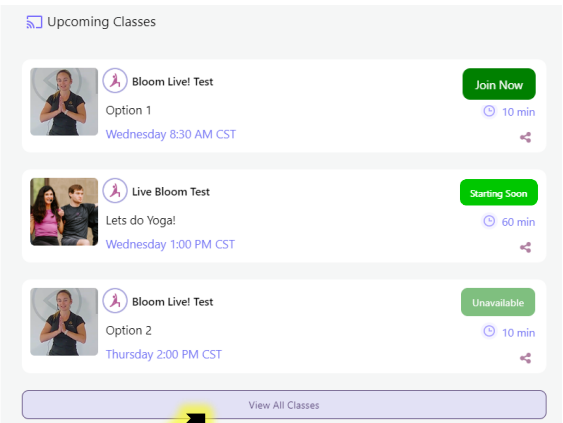
How many more classes till my next goal?

3 MORE CLASSES TO HIT YOUR NEXT GOAL

Fun Classes

Upcoming Bloom Live! Classes
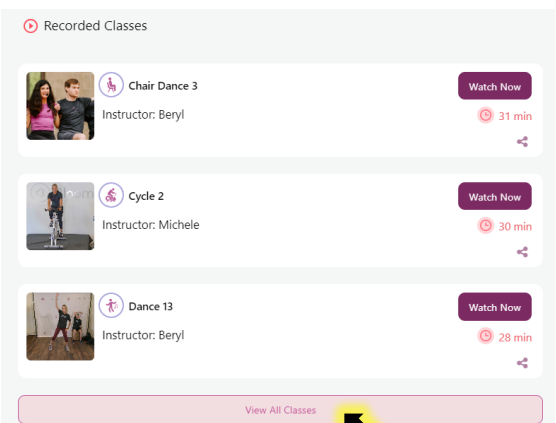
Upcoming Classes

Bloom Live! Test
Option 1
Wednesday 8:30 AM CST
Join Now
10 min

Live Bloom Test
Lets do Yoga!
Wednesday 1:00 PM CST
Starting Soon
60 min

Bloom Live! Test
Option 2
Thursday 2:00 PM CST
Unavailable
10 min

View All Classes

Click to view all upcoming Bloom Live! classes

Recorded (Video) Classes

Recorded Classes

Chair Dance 3
Instructor: Beryl
Watch Now
31 min

Cycle 2
Instructor: Michele
Watch Now
30 min

Dance 13
Instructor: Beryl
Watch Now
28 min

View All Classes

Click to view all recorded (video) classes

EXPLORE YOUR CLASSES PAGE: BLOOM LIVE!

Bloom Fitness

- Overview
- Classes
- My Progress
- Profile

beryl bailey
Athlete

Classes
My Classes

I'm ready to take a class!!

What is available?!?

Live Classes | Recorded Classes

Bloom Live! Test — Unavailable
Option 1 — 10 min
Wednesday 8:30 AM CST

Live Bloom Test — Unavailable
Lets do Yoga! — 60 min
Wednesday 1:00 PM CST

Live Classes — Click

Regular Bloom Live! Class Schedule
(all classes are 30 minutes long):

Tues, Wed, & Thurs @ 10:00 CST;
Mon & Thurs @ 1:00 CST (except summer)

Bloom Live! Special
Dance with Beryl
Monday 3:00 PM CST — Join Now

Join Now:
Class is going! — Click

Bloom Live! Class
Pilates with Beth
Tuesday 10:00 AM CST — Starting Soon

Starting Soon:
Get ready! — Click

Bloom Live! Class
Chair Fitness with Kim
Wednesday 10:00 AM CST — Upcoming — 30 min

Upcoming:
Later this week

Click "join now" or "starting soon"
to take a Bloom Live! class.

You must allow camera and microphone to be used
(first class only!).
Note: you will be muted during class
& only the instructor can see you.

gobloom.org wants to ✕
- Use your cameras
- Use your microphones

Allow — Click | Block

Bloom Live! Class

Leave Class

Live class has not started.

Live class has not started:
Your Bloom instructor will
be here soon!

- OR -

Bloom

You will hear and see
your live Bloom instructor.
Have fun in class!!!

Please keep your mic
off so everyone can hear
the instructor!

EXPLORE YOUR CLASSES PAGE: WATCH A VIDEO

Bloom Fitness

- Overview
- **Classes**
- My Progress
- Profile

Classes
My Classes

beryl bailey
Athlete

I'm ready to take a class!!

What is available?!?

Live Classes | Recorded Classes

Bloom Live! Test	Unavailable
Option 1	10 min
Wednesday 8:30 AM CST	

Live Bloom Test	Unavailable
Lets do Yoga!	60 min
Wednesday 1:00 PM CST	

Recorded Classes ← Click

Watch recorded classes (videos) ANY time from ANY where!!

Live Classes | Recorded Classes

Click on any category to view classes.

| Dance | Chair Fitness | Cycle | Pilates | Strength | Yoga |
| 15 Classes | 15 Classes | 2 Classes | 7 Classes | 8 Classes | 11 Classes |

Click →

× Clear Category: Dance — **Click the "x" to clear the selected category and go back.**

| Dance 13 | Watch Now |
| Instructor: Beryl | 28 min |

| Dance 12 | Watch Now |
| Instructor: Becky | 33 min |

Click

| Dance 11 | Watch Now |
| Instructor: Beryl | 27 min |

Click "Watch Now to start a video class.

Have fun working out with your favorite Bloom Exercise videos!

Pause whenever you need a break or rewind for more instruction

6:34 / 28:01

21:05

EXPLORE YOUR MY PROGRESS PAGE

Bloom Fitness

- Overview
- Classes
- **My Progress**
- Profile

Progress
My Progress

athlete
Athlete

First Class! — 5 Classes — 25 Classes — 50 Classes — 75 Classes — 100 Classes — 125 Classes

Wow!! Look how far you've come– keep going!!

My Progress

How many classes have I earned?

2 TOTAL CLASSES
Keep pushing, you're almost there!

Earn a credit every day that you take a Bloom class! 🎉
You can take more than one class a day, but you will only earn 1 credit each day. Keep taking classes every day to reach your fitness goals!

My Support Team 👤

+ Add Supporter

You have no supporters yet. Add some to help you reach your goals!

Create your support team:
Add up to 5 friends, family members, or workout buddies & keep them updated on your progress

+ Add Supporter   Click

Create your own Support Team.
They will receive emails about your progress.

Add A New Support Team Member   x

Each person you add to your support team will receive an email when you accomplish a goal! You can add a maximum of 5 people.

Name: [Name]

Email: [Email]

Invite Member

Enter info for support team members.

Name: [Name]   **Type name (or nickname).**

Email: [Email]   **Type email address.**

Click   Invite Member

My Support

+ Add Supporter

NAME	EMAIL	
John Doe	JohnDoe@bloomfitness.org	**View (and edit)**
Jane Doe	JaneDoe@gmail.com	**members of your**
Mother	mom@bloomfitness.com	**Support Team.**

CONGRATULATIONS! 🎉

75 CLASSES

You've reached a new goal! Awesome work! We're emailing you a certificate so that you can proudly share your success with your family and friends.
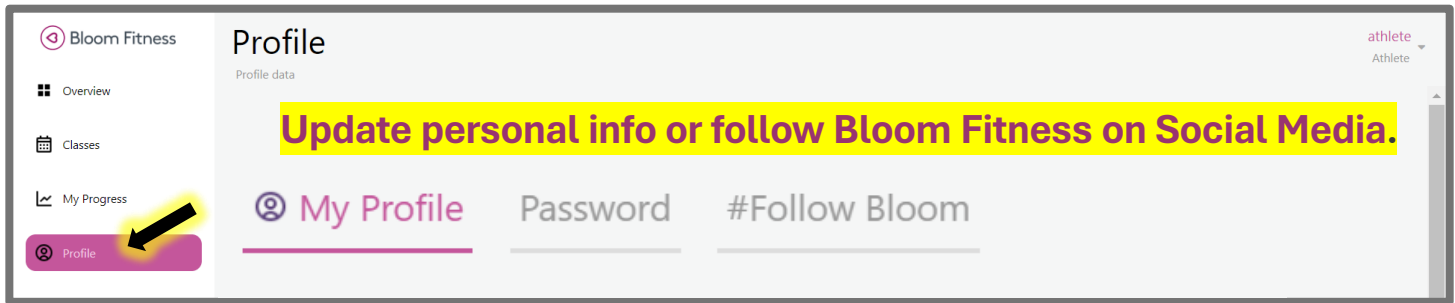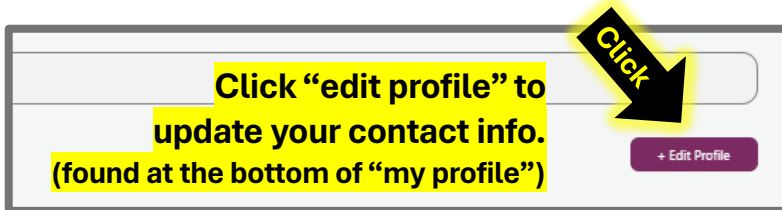
Way to go!

Close

Keep up the hard work to earn fun pop-ups, emailed certificates (you can print at home!) and Bloom Fitness merch!!
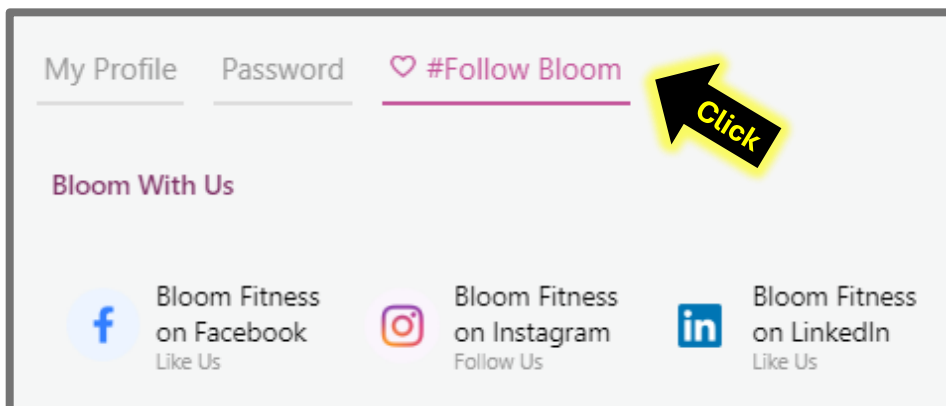
EXPLORE YOUR PROFILE PAGE

Bloom Fitness
- Overview
- Classes
- My Progress
- Profile

Profile
Profile data

athlete
Athlete

Update personal info or follow Bloom Fitness on Social Media.

My Profile   Password   #Follow Bloom

Edit your Profile

Click "edit profile" to update your contact info.
(found at the bottom of "my profile")

Click

+ Edit Profile

Name	Name
Email	Email
Address Line 1	Address Line 1
Address Line 2	Address Line 2
City	City
State	State
Zip	Zip

Update your Password

My Profile   Password   #Follow Bloom

Click

Change Your Password

Current Password	Current Password	**BloomApp2022**
New Password	New Password	**(enter new password)**
Confirm Password	Confirm Password	**(enter new password again)**

Click   + Edit Password

New passwords must be exactly the same (caps matter!)

Don't forget your new password!!
(maybe write it down somewhere...)

Enter info to receive hard-earned Bloom awards.

Cancel   Save

Click

My Profile   Password   ♡ #Follow Bloom

Click

Bloom With Us

Bloom Fitness on Facebook — Like Us

Bloom Fitness on Instagram — Follow Us

Bloom Fitness on LinkedIn — Like Us

Have a Social Media Account?
Follow us on Social Media to see posts and updates from Bloom.