



Hello and welcome! We are excited and honored to be a part of your decision to be a healthier you!

Virtuagym

At CAST, we use Virtuagym as our virtual portal to connect with you. To create your account, please log into: www.castwellness.virtuagym.com

Login: Your email

Password: rosemont1 (all under case no spaces)

The virtuagym homepage is like a social media account dedicated to your health and wellness.

OR, if you have a smart phone, go to your app store and download the Virtuagym app. Log in for mobile access.

On Virtuagym you can also check out...

- **Activity Calendar:** allows your trainer to schedule your workouts. Or if you're working out on your own, browse through out the Workout app to see other workouts trainers have put together!
 - **To see your workout from your session:** Your trainer will leave you a note under your scheduled activity. Click on the activity thwn click on the note icon.
- **Body Metrics:** stores the results of your fitness evaluation. And you can graph your progress!
- **Nutrition:** lets you keep a food log and track your calorie and macro (carbohydrate, protein, and fat) intake. You do need to download the Virtuagym nutrition app for this feature. Also know that we can help create a custom meal plan help achieve your nutritional fitness goals. Stop by our office for further information on our prepared meal service and scheduling a nutrition consult.

After you log-in the first time, you can change your password.

Also, edit your FitProfile (it defaults to 4 ft tall, 100 pounds, and age 48 years) under *Account Settings*.

Always feel free to ask your trainer or stop by the office for any help/questions about navigating Virtuagym and maximizing your experience.

Payment

Monthly payment will charged to a credit card on file. Personal training payments are run on the 2nd to last Wednesday of each month for the prior month.

For group clients, payment will be expected for the number of group sessions held in the month, even if a member of the group misses a session.

For individual clients, payment will be expected for the number of sessions scheduled for the month. For individual clients who have to cancel, payment will be at the discretion of the trainer.

If your card on file needs updating, please contact our office or your personal trainer to update it. If a payment processed does not go through, we will contact you for updated payment.

Cancellation

We respectfully request that you cancel at least 24 hours prior to your session. You may be charged for your session if your trainer does not get sufficient notice. (initial).

So....let's go!

Client Name: _____

Date: _____

E-mail: _____