

How to set up STAGES FLIGHT

This info sheet contains the following information:

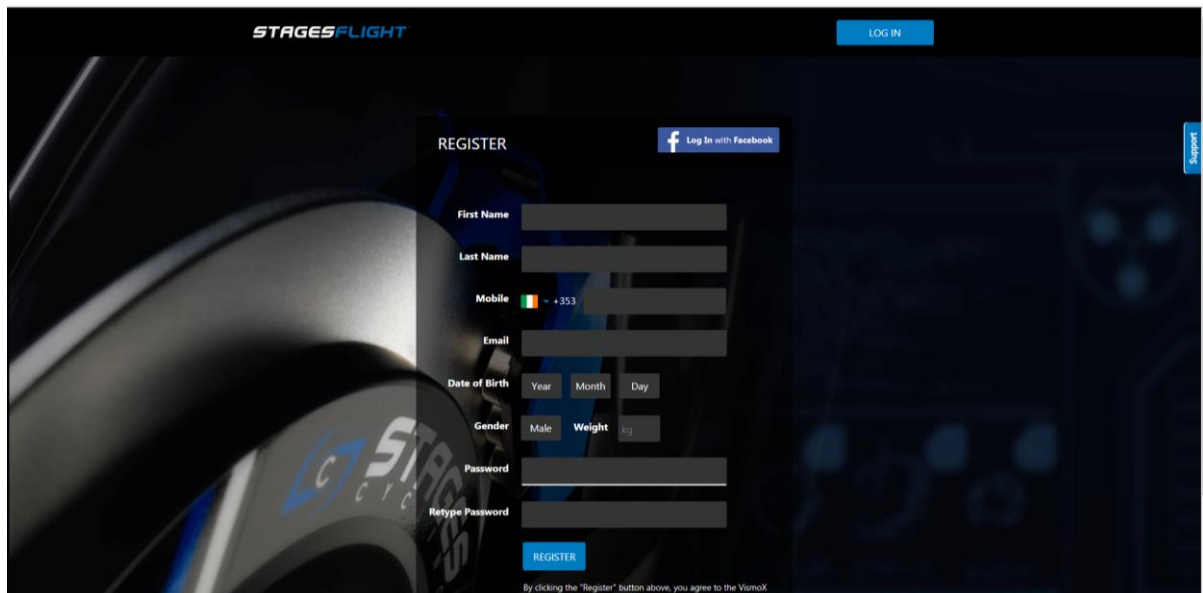
- Create account using PC
- Create account using mobile app
- Booking a Class & Bike
- Arriving to class

STAGES Flight accounts can be set up on a PC (recommended) or on Mobile Phone.

On PC

Step 1: Visit <https://www.stagesflight.com/Account/Login>

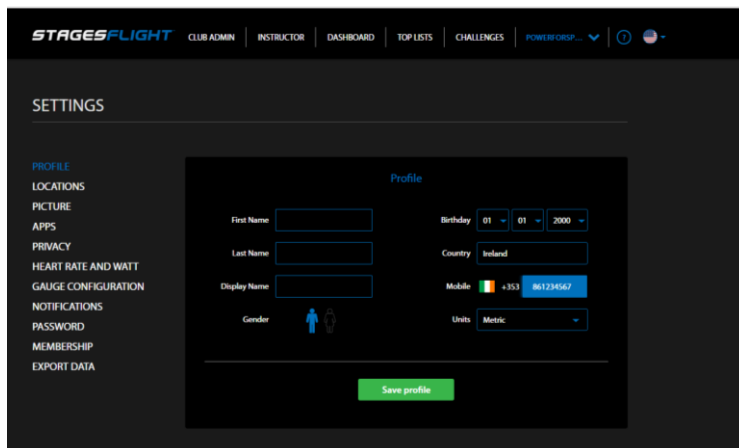
Step 2: Register/Create profile – or link through Facebook



Step 3: Once registered, Login, Click on your user name at the top right and select “Settings”

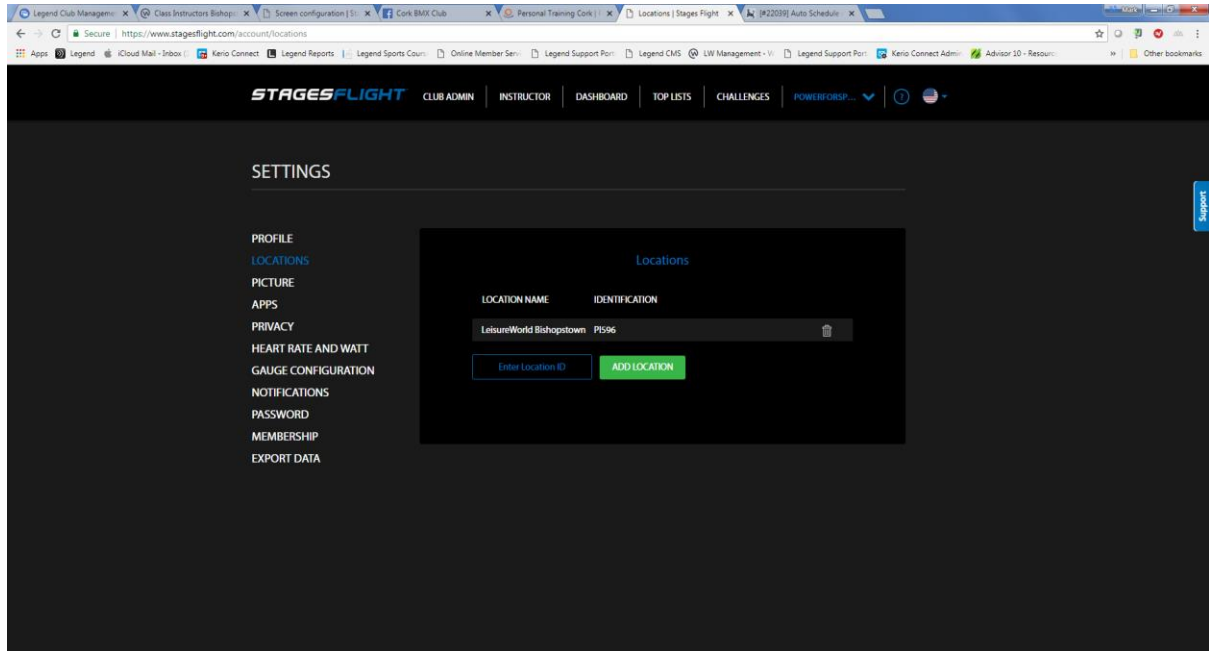
Step 4: Once in settings “Profile” will be highlighted. Update relevant info here.

***Double check the mobile number is correct with Ireland as the country code and no ‘0’ in front of number. As your mobile number will be used on site to book a bike.**



Step 5: Click 'LOCATIONS' and click 'Add Location'.

The site ID. **Pi596** (put the 'i' in as a capital) **PI596**

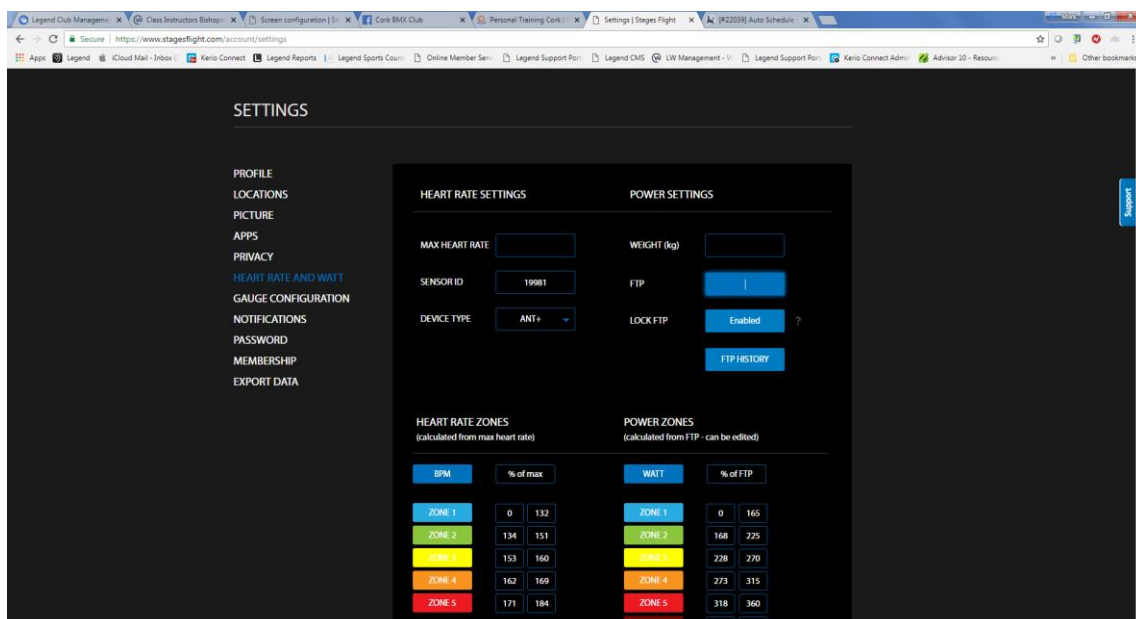


Step 6: Click 'HEART RATE & WATT'. **This is important.**

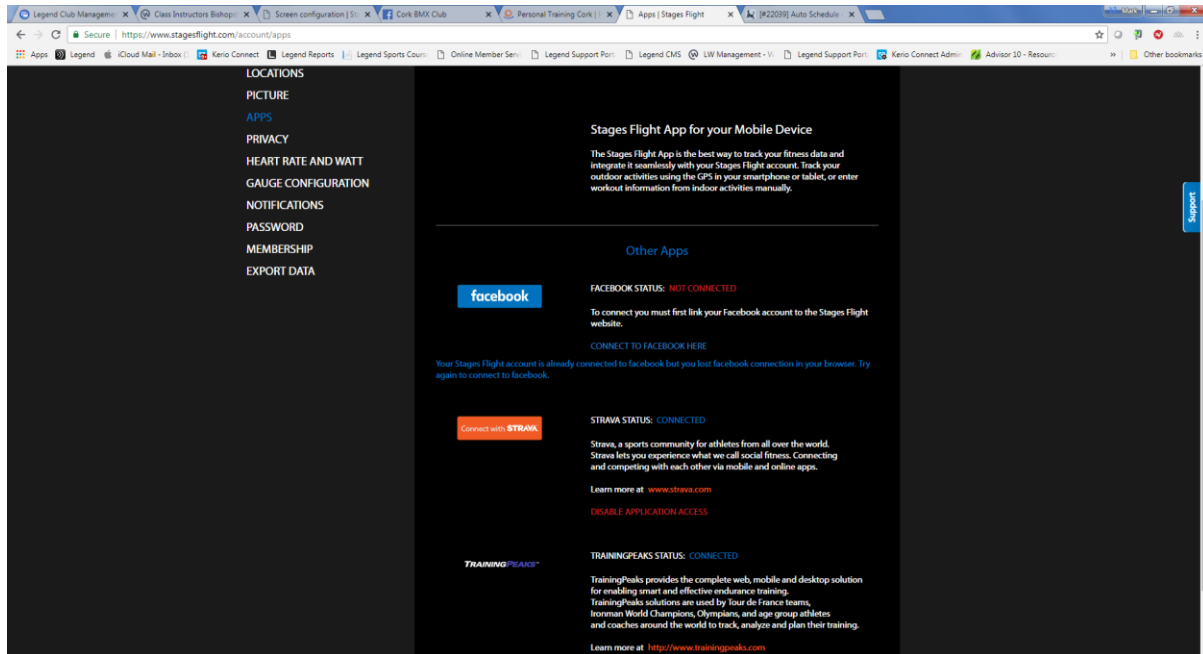
Enter a number for FTP. Don't worry if you don't know this, it will adjust after your first few rides automatically. Ensure FTP Lock is 'Disabled'.

Use data from other software or just use a best guess for MAX HR.

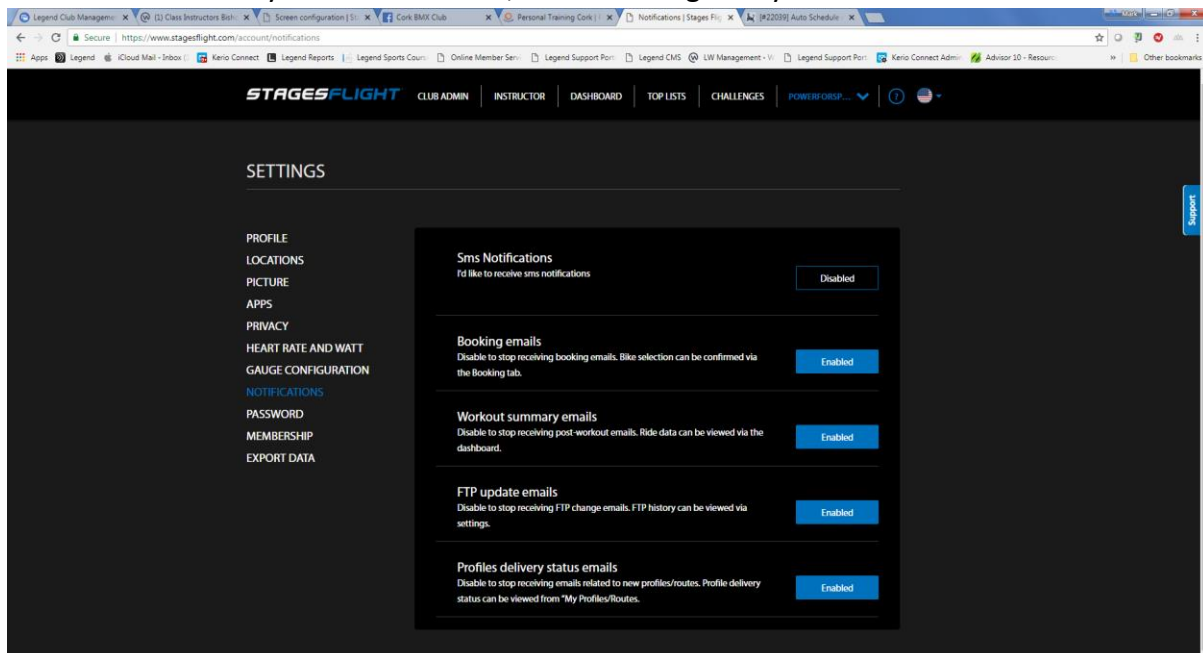
If entering a HR belt, make sure to enter the ANT+ ID correctly. The best way I have found to do this is to check the settings in your Garmin bike unit or similar and under settings look at the ID of the linked HR monitor and enter this.



Step 7: Click 'APPS' add any software you want to link and share any data from classes to.



Step 8: Select Notifications. Ensure you select the type of communications you want to receive from the STAGES Flight website. This is not LeisureWorld communications. Booking & Workout summary emails are useful, but all settings are your own decision.



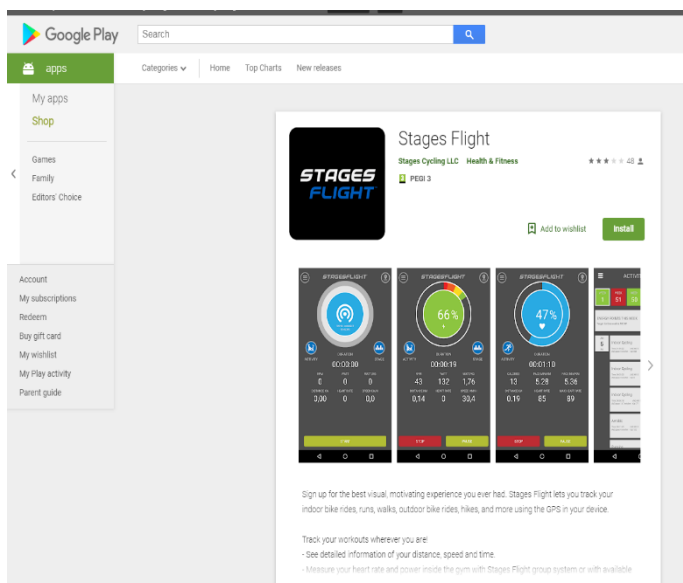
Using Mobile Phone to register

Download the 'Stages Flight' app from the app store you use for your type of mobile device.

Follow the prompts to set up an account, & use the same info as above for PC.

Remember to enter under Location the site ID. Pi596 (put the 'i' in as a capital) PI596.

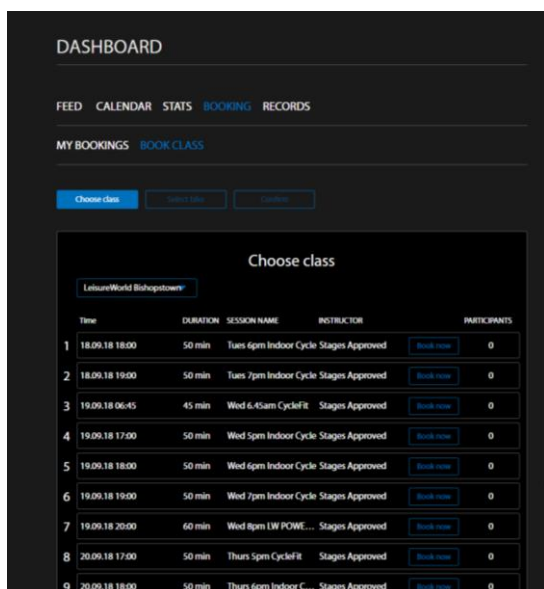
Remember to enter a figure for FTP – even a guess.



Booking a Class

This is not payment for classes, only reservation of a bike in the studio. Payments are made online at www.LeisureWorldCork.com or at reception (unless it's a private club booking).

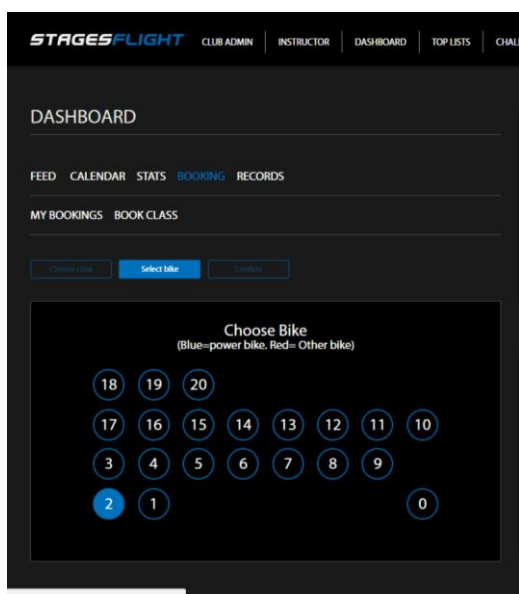
Now that you are registered, and if the Location ID has been entered correctly if you go to the 'Dashboard' on the PC or select 'Bookings' on the mobile phone app, you should see available classes that are scheduled in LeisureWorld Bishopstown.



	Time	DURATION	SESSION NAME	INSTRUCTOR	PARTICIPANTS
1	18.09.18 18:00	50 min	Tues 6pm Indoor Cycle Stages Approved		0
2	18.09.18 19:00	50 min	Tues 7pm Indoor Cycle Stages Approved		0
3	19.09.18 06:45	45 min	Wed 6:45am CycleFit	Stages Approved	0
4	19.09.18 17:00	50 min	Wed 5pm Indoor Cycle Stages Approved		0
5	19.09.18 18:00	50 min	Wed 6pm Indoor Cycle Stages Approved		0
6	19.09.18 19:00	50 min	Wed 7pm Indoor Cycle Stages Approved		0
7	19.09.18 20:00	60 min	Wed 8pm LW POWE...	Stages Approved	0
8	20.09.18 17:00	50 min	Thurs 5pm CycleFit	Stages Approved	0
9	20.09.18 18:00	50 min	Thurs 6pm Indoor C...	Stages Approved	0

When you select the class time & day you are attending it will show you a diagram of the class layout.

Select the bike number you wish to ride. **(Don't select bike 0 as this is the instructor bike)**



Choose Bike
(Blue=power bike, Red= Other bike)

18	19	20					
17	16	15	14	13	12	11	10
3	4	5	6	7	8	9	
2	1						0

You will now be booked into that class and that specific bike.

Depending on your communication preferences you may now receive a confirmation email of the booking which can be saved into your personal calendar if you wish.

Arriving to class

- Remember water – there is a machine outside the room for top ups
- Remember cycle shoes, the **shimano spd cleat style (see pic)** more commonly found on mountain bikes/tourers.
- You can also wear basic runners as there are toe straps on the pedals.



- Remember towels and remember there is no cool outdoor breeze to keep the sweat away, so wear suitable clothing as it can get warm in the room. Also no 'tops off'!
- Go straight to the bike number that you booked online, if you did not book online, go to the instructor who can book you on an available bike.
- If someone is sitting on the bike number you think you booked, check with the instructor in case there was a change made, and they will organise any changes of bikes.
- Take your time to set the bike up, ask for assistance if needed, and take your time to make sure all adjustments are made & secured before riding.
- Check that all data is being displayed on the bike console, and if not let the instructor know.
- Take a break at any point in the class, and refill water as needed.
- If at any point you feel uncomfortable on the bike, stop and make adjustments to set up as needed.
- If you feel unwell at any point, stop & let the instructor know.

During Class

Depending on the type of class & software settings, the instructor will have the class profile displayed on the wall, riders data will be displayed on the dials, and riders 'nicknames' or bike # will be displayed. If you prefer your data to be hidden from display please ask the instructor before the start of the class – it's very easy to do & no problem.

After Class

Within minutes of the finish of the class, all ride data will be uploaded to your Stages Flight profile, if you have requested a workout email you will receive this, and if you have linked other software, the data will be shared to those also.