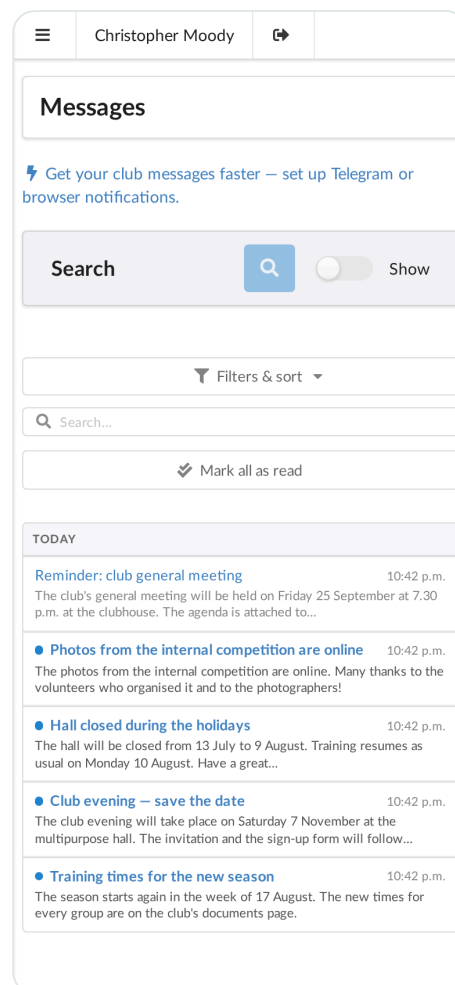


Give your volunteers their time back. And give your members a choice.

You love your club and you give it everything. But between the roll to keep current, the e-mail addresses that no longer answer and the duty roster to rebuild every year, there is hardly anything left for the gym itself.

You know the feeling.

- There is always one member whose **e-mail address** is no longer right — and who “never received anything”.
- There is always someone who quit and is still on the lists, and a newcomer who is on none of them yet.
- There is always a batch of changes to report to your federation, within a fortnight, and nobody left who knows which ones.
- And there is always someone who finds the duty roster unfair.



The club inbox, in your members' pocket.

MyGym is an online application, mobile included, that takes over a club's paperwork — members, events, sign-ups, messages, documents, membership fees, calendar. Nothing to install, neither for you nor for your members. A browser is enough.

0

software to install

5

channels to reach your members

from 150.–

per year, all included

~1 week

to be online

You find more volunteers when you leave them a choice.

Volunteers are getting scarce, and the usual way of asking does not help: a form, then shifts handed out in the order the answers come in. Those who answer late because they work, those who will not push to the front, those who already gave a lot last year lose out every time. The more leeway you leave the people willing to give their time, the likelier they are to come. That is where MyGym starts.

1

Everyone declares their availability.

A member ticks **every** time slot they are free for — not one, as many as they like — and names the duties that suit them. Nobody is handed a schedule decided without them.

2

MyGym builds the roster.

The computation honours availabilities and preferences, accounts for roles and age limits, caps the duration per person per day, and **balances the load, in minutes, across all members**. A slot nobody wants is worth all the more — whoever takes it gets priority elsewhere.

3

You stay in control.

You pin what you want to keep, you group the people who come together, you run the computation again. The hours-per-member table shows in black and white that the split is fair — and you export it to Excel.

Member statistics			
Member	Total hours	Number of shifts	Number of days
Wulf Kerry	6h00	2	2
Minear Domenic	6h00	2	1
Fonger Kecia	6h00	2	2
Pefferkorn Terica	6h00	2	2
Thornhill Kelly	6h00	2	2
Sumter Ashley	6h00	2	1
Crufur Nifi	4h30	1	1
Chirniffot Cophiu	4h30	1	1

Hours, duties and days per member. Fairness is verified, not promised.

The best slots no longer go to whoever answered first.

And everyone decides how they are approached.

Giving your time also means accepting to be interrupted — better, then, on terms you chose yourself. One e-mail per message, a daily digest, a Telegram message, a notification on the phone, or simply the club inbox at the next sign-in: every member sets **which channel** and **how often** they are reached. You keep the certainty of being read — a convocation, an invoice or a deadline is flagged as an **“important message”** and overrides every preference.

Every member sets which channel reaches them.

WHAT IT CHANGES ON AN EVENT SATURDAY

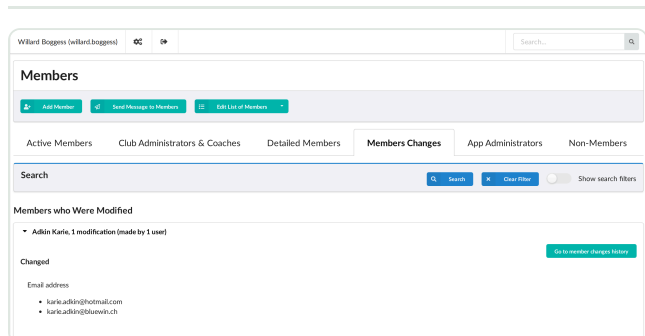
No more availability table to copy out by hand on Friday evening.

No more phone calls the night before to plug a hole in the roster.

No more argument about who did the most — the hours are there, in writing.

What you will never do by hand again.

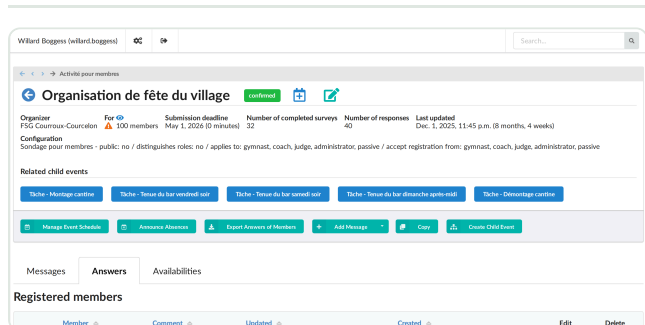
Your roll up to date, and what has changed



Who changed what, since the date you pick.

- Every member keeps **their own profile** current; you filter the incomplete ones in one click.
- Departures, arrivals, moves between groups: someone who quits is deactivated rather than deleted, and a tag is **replaced across a whole selection** in one operation.
- One screen lists **what changed since the date you pick**, member by member, before and after. Enough to file your federation's reports on time: you finally know what to enter there.

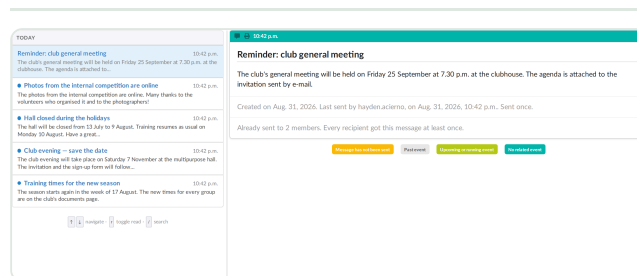
Sign-ups: one date to enter, nothing to chase by hand



Answers come in and count themselves.

- Every member gets **their own** link. One click in the e-mail and the form opens, already signed in. No password to remember.
- A questionnaire built to measure — meal choice, T-shirt size, category, certificate — with one column per question in the export.
- The “no” answers count too. You know who answered what, and the totals add themselves up.

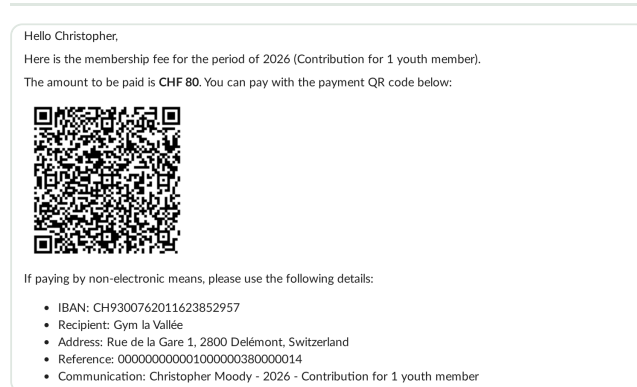
Write to the right people, without copying an e-mail address



The club inbox, as a member sees it.

- Mailing lists build **themselves** — by role, by tag, by sign-up status. Someone who leaves drops out on their own.
- Remind the people who have not signed up in one click, **without bothering** those who already answered.
- Before sending, a screen shows who will receive what and on which channel, **flags e-mail addresses that bounce your messages**, and produces a PDF for the people who can only be reached on paper.

Membership fees, with the Swiss QR invoice



Invoice and payment slip generated by the platform.

- Price grid online, **automatic family rates**, free-form periods.
- Invoices sent by e-mail, **Swiss QR invoice** included.
- Payment tracking and reminders to latecomers from the same screen.

AND ALSO

Documents in folders, with previews

Club calendar on members' phones

Member import from a spreadsheet

Duplicate merging

Tags and tag groups

Roles and delegated administration

Excel exports built to measure

English, French, German

Is this right for your club?

Yes, if

- ✓ Your committee includes **one person comfortable with a webmail and a spreadsheet**. Not an IT specialist – but someone.
- ✓ You are ready to **give up parallel channels**: a list kept on the side, on paper or in a group chat, syncs with nothing.
- ✓ You want to take the load off your volunteers and leave them the choice.
- ✓ You accept **looking up your answers in the online help** rather than calling.

Not yet, if

- The person who will send the messages does not want an online tool. **Run the trial with them, not with the president**: the only test that counts.
- You are looking for accounting software. MyGym invoices membership fees; it does not keep your books.
- You are counting on text messages or WhatsApp: cost and technical constraints rule them out. The fast channels are Telegram and push notifications.
- You want a public website for your club. This is not one.

If your club goes on stage: a gala, an annual show, a theatre evening – MyGym connects to **StageFlow**, our stage-management application. Authorised members reach it in one click from MyGym, with their own roles; when someone leaves the club, their access is withdrawn automatically. On request, separate subscription – stageflow.cloud.

Support is self-service.

No hotline. Instead, some sixty pages of online help with a **natural-language search**, context-sensitive help in every screen, **six illustrated tutorials** and around ten videos, regenerated every time the interface changes. Plus **online support** in your customer area: support requests and bug reports, handled on weekdays.

Online support: mygym-web.ch/en/tickets/support_requests/

Pricing

CLUB SIZE	1 YEAR	2 YEARS
Group, up to 60 members	150.–	280.–
Club, up to 120 members	200.–	380.–
Club, up to 200 members	250.–	470.–
Club, up to 300 members	340.–	650.–
Club, up to 500 members	450.–	870.–

Document storage – optional, 3 / 10 / 20 GiB for 15.– / 35.– / 60.– per year

Prices in Swiss francs, per subscription.

Included in the price

- ✓ Licence and updates
- ✓ Hosting and mail server
- ✓ .mygym-web.ch domain name and SSL certificate
- ✓ Support by e-mail and tickets, on weekdays
- ✓ Data hosted in Switzerland and in Europe

No automatic renewal. At the end of each subscription – one year or two, whichever you chose – it is you who decides whether to renew.

Three steps to get started

1

Try the demo

Open and already populated. Have a look around **with the person who will be sending the messages**.

2

Order online

Pick your club size and the length of the subscription on the website.

3

You are online

Allow about a week for the setup, under the domain name of your choice.

Demo demo.mygym-web.ch

mygym-web.ch

A question? contact@dprog.net