



# ST. MICHAEL'S COLLEGE SCHOOL

Under the direction of the Basilian Fathers

September 21, 2020

Dear St. Michael's College School Families,

I hope you have had a great first full week of classes.

As mentioned St. Michael's College School has partnered with 'Fitness in a Bag' to assist in delivering daily physical activity to our students. Every student will have a personal account for the associated mobile fitness application, and in the coming weeks will receive an individual workout kit. The app provides daily programming, demonstration videos, sets/reps, timing, etc., and tracks your progress.

Since my last message, many of you have successfully created accounts and installed the app.

If you have been unsuccessful in generating this account for any reason, to accelerate service, the provider has asked that you contact him directly to assist in this regard. Please email Rob Pacas at [ultimatefitness@rogers.com](mailto:ultimatefitness@rogers.com) with your son's full name.

The software registration uses a parent email on file to generate the accounts.

As only one email is needed to generate an account, one parent email per family has been assigned.

Parents should have received an email invitation in the last two weeks (see attached 'Welcome Email' image) with which to set up the account with your son, as there will be a prompt to generate a password.

Once the account set-up is complete, students should download the Trainerize app (see attached image) to their preferred device(s). The username will continue to be the parent email, with the recently chosen password.

For any questions and concerns regarding this process, or any other athletics programming, please feel free to contact me directly.

Have a great week!

Mr. Alex Frescura  
Director of Athletics

Here's how to set up your account...

## Welcome to FitnessinaBag.ca

Hi Alex,

Before you can sign in to view your training app, you must set up your password. Click below to get started.

[Set up your account](#)

