# Train-With Live Fitness

In today's global world where convenience is key, being able to do your periodic gym class while traveling or in the convenience of your own home can be very appealing. By leveraging new technologies, we can provide a learning and training experience without any restriction of time or location.





#### YOGA FLOW ABOUT THE CLASS

ABOUT THE CLASS

Long holds and dynamic sequences create focus, wake the inner body, and still the mind in this level 2/3 Yoga Flow class.

Let's Do This. 🢪

ABOUT THE TRAINER

We are boutique yoga studios located in lovely, old town Granada Hills. We offer vinyasa flow yoga for everyone from beginners to advanced students, as well as gentle yoga, restorative, therapeutics (for those recovering from injuries or with limited mobility), and kundalini at the Flow Studio

JOIN THE CLASS

# The Needs

When Train-With's founder Rachel Aram decided to create a platform which provides one the ability to take a group fitness class or train with a favorite trainer regardless of time and location, she turned to the WebRTC.ventures team for professional help in developing and launching her **mobile live video fitness training application**.







# How We Helped

Here is how our team at WebRTC.ventures helped

Our team at WebRTC.ventures designed and built a production iOS and responsive web application with a clean look, robust and well-defined backend API, and secure roles and authentication mechanisms.

Both the web and mobile applications allow trainers to manage virtual gyms, upload sessions, or stream sessions live. Users can pay for workout packages or single classes and they can join classes and interact with the trainer.

The backend was built on AWS and all the applications use CICD (continuous integration, continuous deployment) frameworks to speed up development and testing.

## Three Phases to Approach the Challenge



Phase 1

In the initial proposal, we focused on a basic product, allowing trainers and fitness studios to setup virtual studios and sell access to their virtual classes via a mobile application in 10-15 minutes.



Phase 2

Second, we improved the in class experience by allowing trainers to add recorded video and audio to enhance the end user's in-class experience.



Phase 3

Finally, we added the ability for trainers and studios to offer progressive challenges, increasing their revenue and improving work/life balance.

# The Solution

Train-With is a technology platform which allows fitness studios and trainers to offer interactive, live streamed classes and training sessions to a global audience.

Here's an example of how Train-With can be used. You are traveling or moved away and would like to continue working out with your fitness class or trainer. With Train-With, you can still do that remotely right from your tablet or smartphone.

We used the following main frameworks and technologies:

- Swift
- FirebaseStripe
- React Node.js
  - s AWS
- Agora.io





#### How long did it take?



## It took 12 working months in total. Divided in 3 phases:

- Phase 1: 3 months
- Phase 2: 6 months
- Phase 3: 3 months

## **Customer Satisfaction**

From 1 to 3, with 3 being the best:







How would you **RATE YOUR EXPERIENCE** with WebRTC.ventures?

How **KNOWLEDGEABLE** was WebRTC.ventures in solving your pain points?



*"I had a lot of options for developers in the San Francisco Bay Area but wanted a cohesive team of experts in live streaming technology, so I chose WebRTC.ventures."* 

*"I have been thrilled at the professionalism, expertise, and quality WebRTC.ventures provided Train-With."* 

Rachel Aram Founder Train-With train-with.com



We have an experienced team ready and happy to help you out.

#### **Contact Us!**

At WebRTC.ventures, we can build interactive live streaming, customizable video and audio applications with features such as recordings, transcriptions, and more.

