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Send a Bulk SMS in Contacts

Mavilyn Carlos - 2026-07-28 - [Contacts](#)

You can send a **one-time bulk SMS blast** to a group of contacts in your Gym Lead Machine account. This article walks through selecting your contacts, drafting the message, and sending it. Bulk SMS from Contacts sends immediately; scheduled texts are built in a Workflow instead.

To send a bulk email instead, see [Send a Bulk Email in Contacts](#).

Warning

Your subscription includes 1200 SMS segments per month, and you will be charged for overages caused by sending in bulk to a significant number of contacts or sending long messages. Keep your message short and your list intentional before you proceed.

What you can do with bulk SMS

- Send a one-time SMS blast to a group of contacts, delivered immediately
 - Select recipients manually or with filters and Smart Lists
 - Draft a message or insert a previously created SMS template
 - Label the send with an internal Action description for your records
-

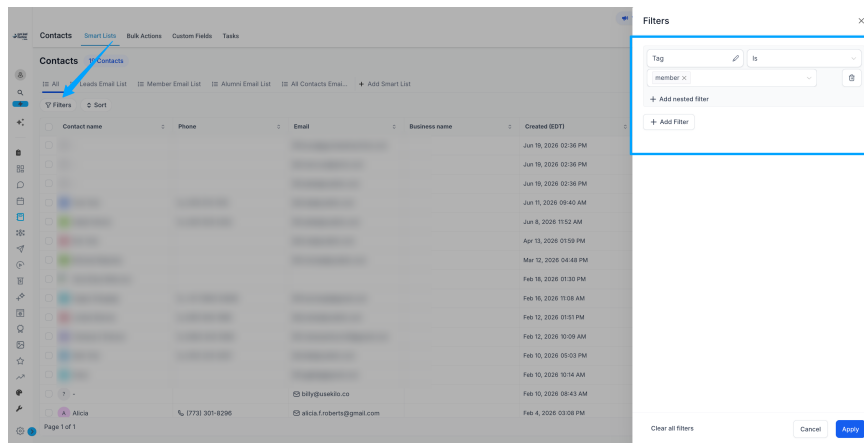
Step 1: Access Contacts

Go to the **Contacts** section in the left menu of your Gym Lead Machine dashboard.

Step 2: Select contacts for messaging

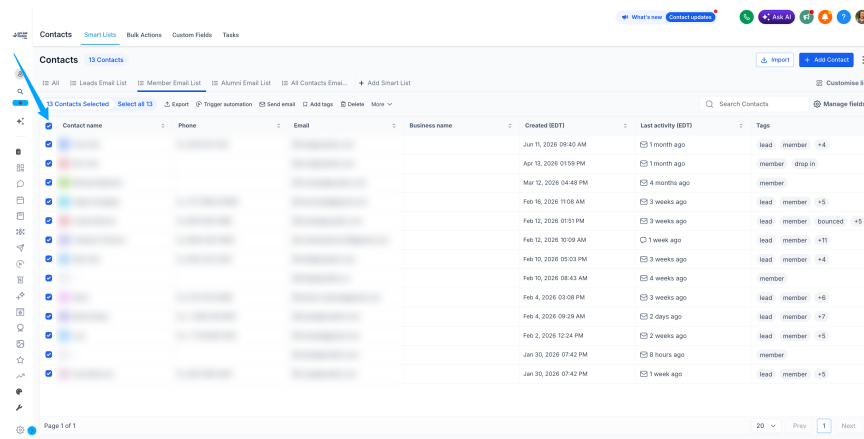
You can select the contacts you'd like to send the message to by doing one of the following:

- **Manual selection:** check the boxes beside each contact's name individually.
- **Smart List creation:** use the **filter** function to create a custom list, then select all contacts on that list.



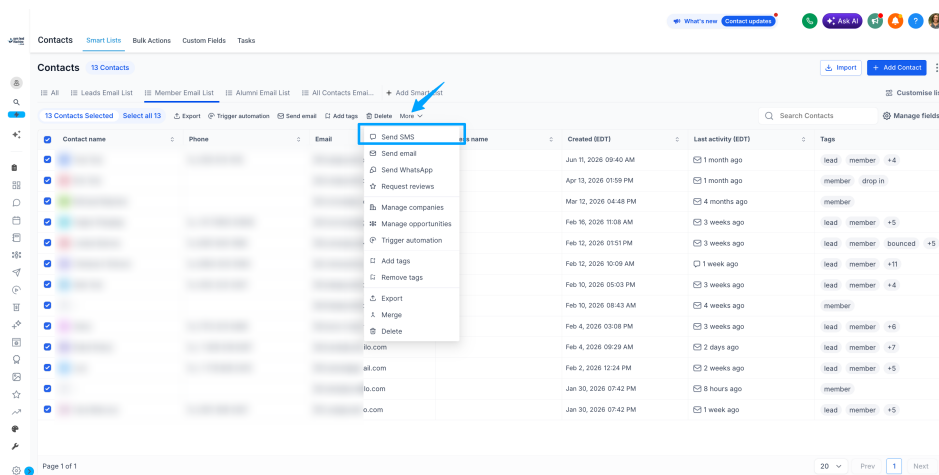
Tip

If the contact list spans multiple pages, click the checkbox at the top of the list (next to "Name") to select all records across all pages.



Step 3: Select Send SMS

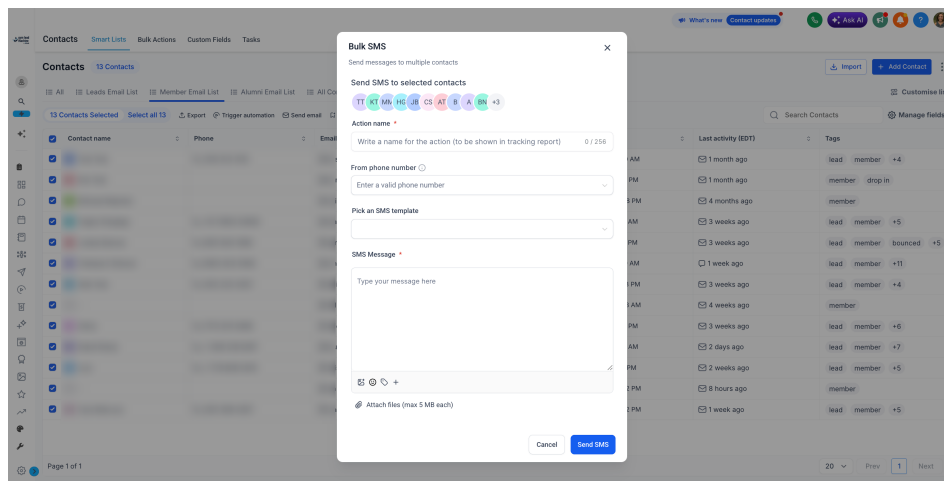
Once your contacts are selected, click **Send SMS** to open the SMS module.



Step 4: Write your SMS message

In the SMS module, complete the following:

- Enter an internal **Action** description.
- Select your Gym Lead Machine-integrated phone number as the **From Number**.
- Input your **SMS message** or select an existing **template**.



Step 5: Send your SMS

Click **Send SMS**. Your message is delivered to all selected contacts right away.

Note

From Contacts, SMS messages can only be sent immediately. To schedule an SMS message for a future date or time, build it into a Workflow in Automation.

Frequently asked questions

Can I schedule a bulk SMS for later?

No. Bulk SMS sent from Contacts is delivered immediately. To schedule or time an SMS for a future date, build the message into a Workflow in Automation instead. (Bulk *email* from Contacts can be scheduled; see [Send a Bulk Email in Contacts](#).)

If you have questions about bulk SMS in Gym Lead Machine, our Support team is happy to help. Reach us at hello@usekilo.com.

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