Send a Bulk SMS in Contacts

Mavilyn Carlos - 2026-10-19 - 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

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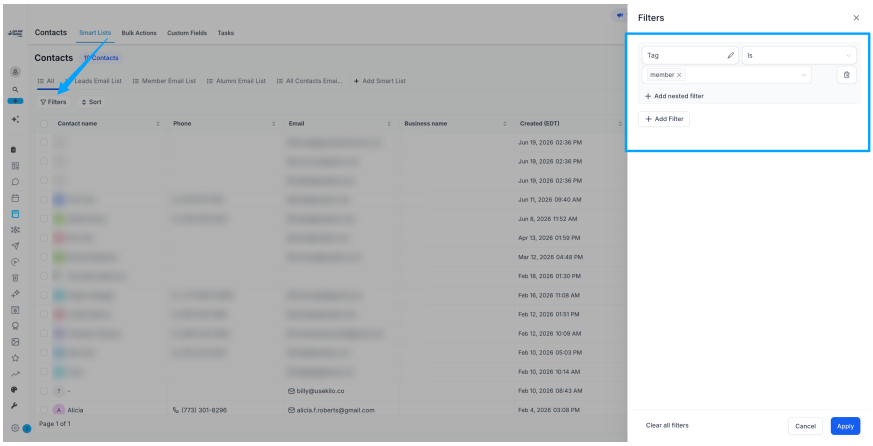
Step 1: Access Contacts

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

Step 2: Select contacts for messaging

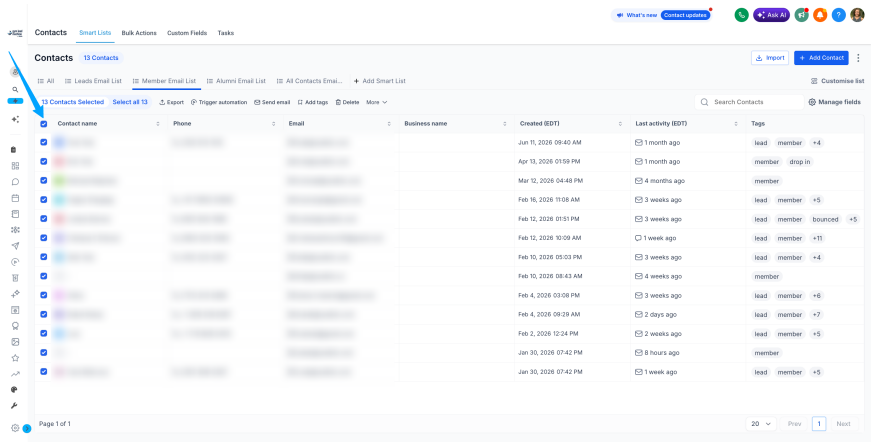
You can select the contacts you'd like to send the message to by doing one of the following:

- **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.
    - It is also recommended to filter out contacts who have opted out of receiving SMS messages. To do this, you would add the “nested filter” of **SMS DND,** and the status should be **Disabled**



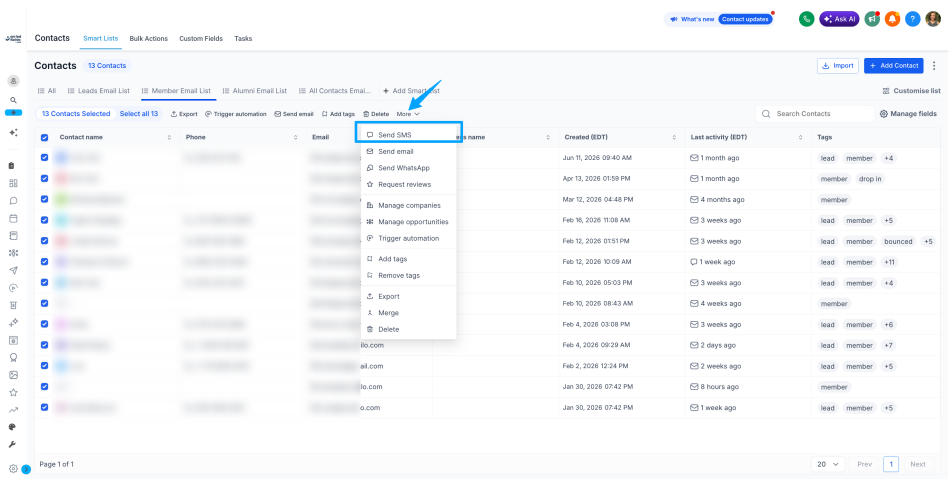
Tip

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

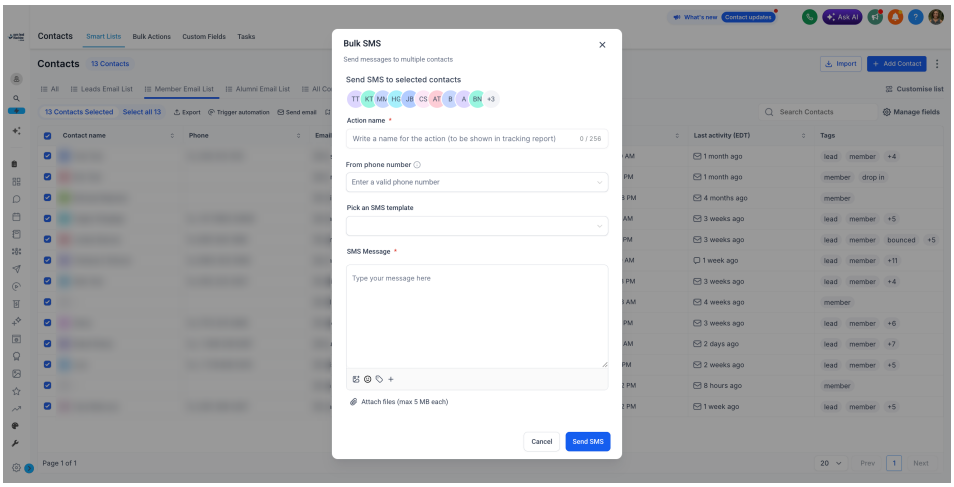
Once your contacts are selected, click **Send SMS** to open the SMS module.



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**.

- Tags
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