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Tip of the Week: More Ways to Automate Your Gym Notifications (GMS)

2026-09-29 - Sandy Tannheimer - [Tip of the Week](#)

We're excited to introduce **new triggers** that give you more flexibility to automate communication and follow-up based on what's happening with your athletes.

Here are the new triggers to try this week:

- **Trial member reserved a class:** let a coach know as soon as a trial member books, so they're ready to welcome them.
- **Late cancel and no-show:** get notified when an athlete is marked as a late cancel or no-show, or send the athlete a follow-up. Coach notifications go to the coach assigned to that event.
- **Unsigned document:** remind athletes to sign an outstanding document.

To get started, go to **Menu → Notifications → Automation Flow Builder**. Check out the video below for a quick look, and see the KB article for full setup and confirmation details.

For the full walkthrough, see [Notification Flows in Kilo GMS](#).

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