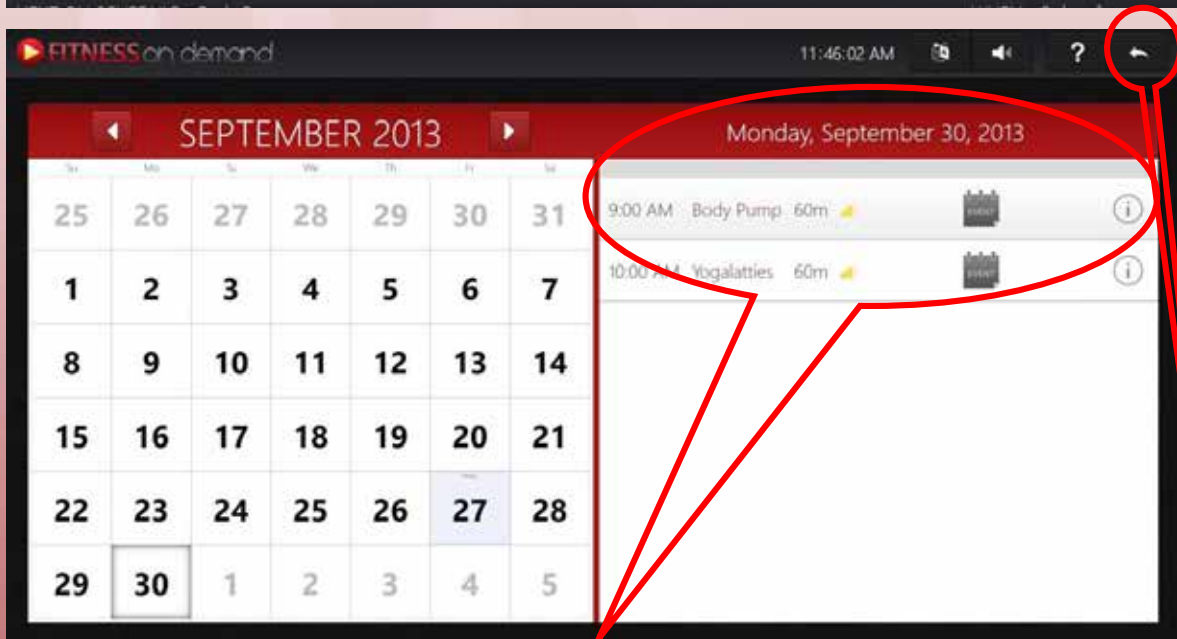
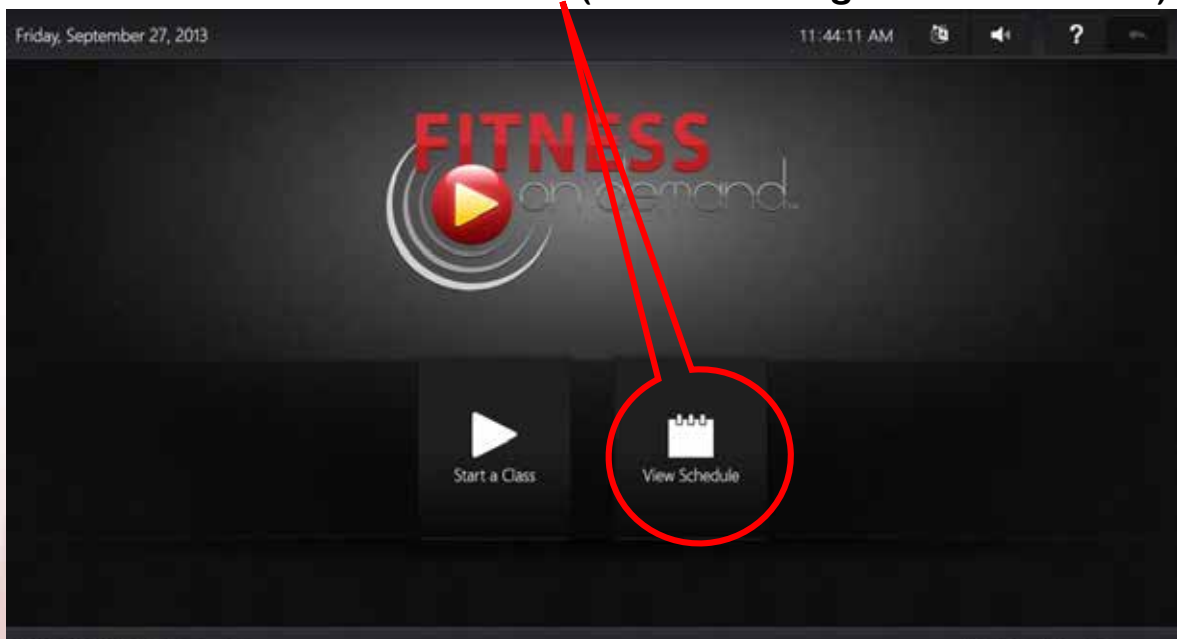


JOIN THE MOVEMENT



## HOW TO START A “FITNESS ON DEMAND” (FOD) CLASS

Check the class schedule by tapping on “view schedule” on the touch screen to see when the next scheduled live or F.O.D class is due to start so that you don’t have to cut short your class. Also check the white board to ensure no one else has reserved a “free class” session. Press the return button to go back to main screen. You can reserve a spot in a scheduled class via our web site\* (\*Commencing November 2013)



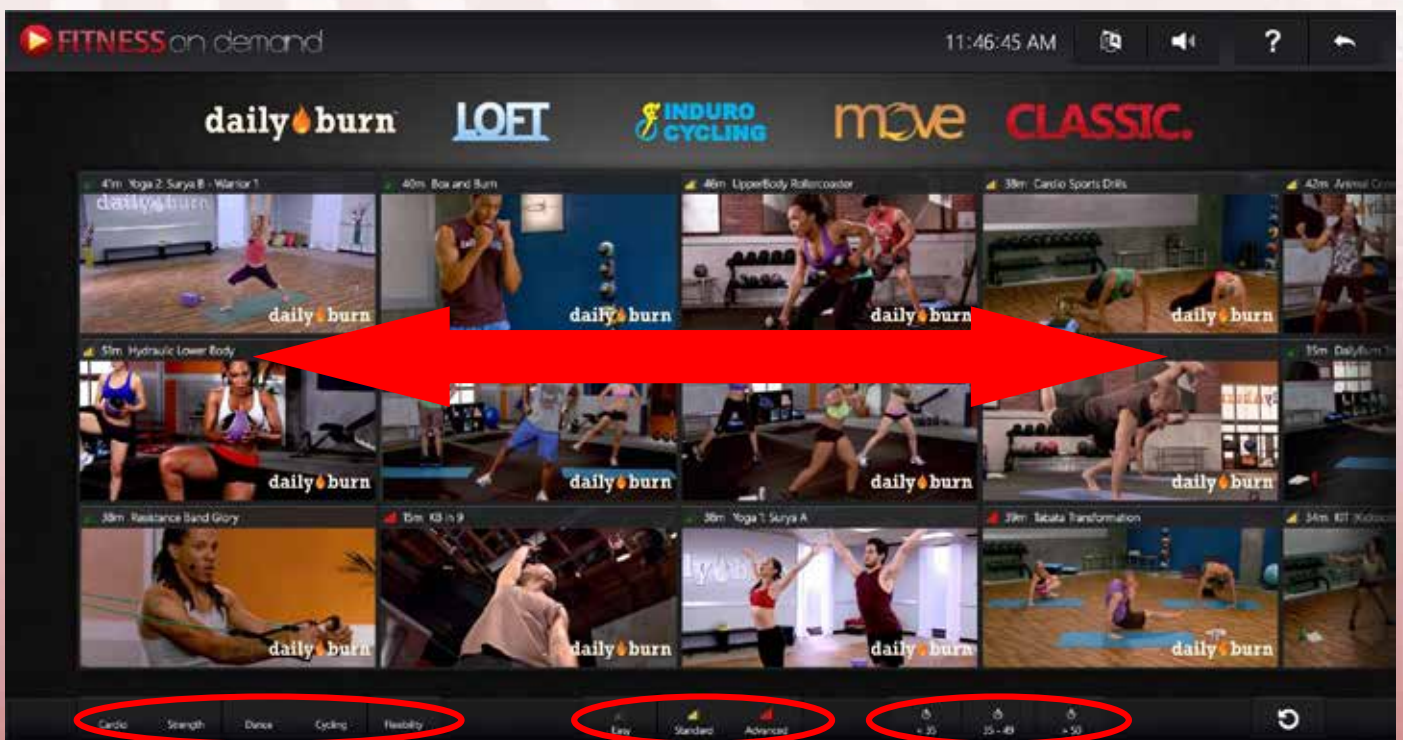
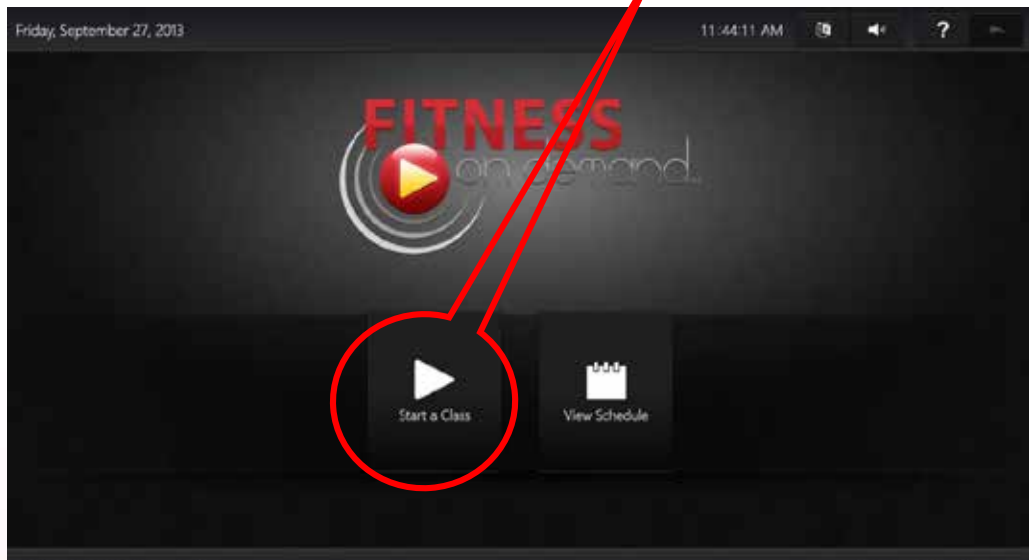
Upcoming Classes

Return Button

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Start a class by pushing the “Start a Class Button”



Swipe across the touch screen with your finger to scroll through classes. You can also refine your search by selecting the type of class, the difficulty and length of class by pressing each category at the bottom of the screen

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# FITNESS



on demand

Select the class you like and then press the play button on the class description summary. The projector will turn on and warm up automatically. The class should start in around 2 minutes. Ensure projector screen is pulled down to mark on the wall if not already down.



Ensure the stereo system below is turned on and turn the input dial until the display reads "AUX". Use the volume dial to select the desired class volume. (Background music is "CD/DVD" and music from the iPod dock is "MD")



Power

Input Dial

This display should be "AUX"

Volume

When the class finishes the projector will shut down automatically  
**ENJOY YOUR CLASS!!**