

START YOUR OWN VIRTUAL FITNESS CLASS!

1. Ask with reception or call in advance to confirm the studio is free.
2. **Swipe in to register for 'on demand' Virtual class.**
3. Enter studio and set up any equipment (if required).
4. **On iPad tap green button "Choose your favourite class".**
5. Swipe to select class by name, genre or duration.
6. **Press the triangle to Play - head back into the studio as your class will commence in 60 seconds.**
7. Enjoy your workout!
8. **Kindly clean and put away any equipment used.**

Please contact a member of staff for changes to the virtual studio such as lighting or room temperature and let staff know if there are screen or sound issues. For all pre-programmed classes - Simply turn up a few minutes before to get set up. The class will automatically appear on screen at the scheduled time.