

Fitness on Demand (FOD)

Rules/Instructions

- 1. FOD is only available when there are no “live” Classes. It works on a first come first serve basis. When someone is waiting to use the system please choose a class selection where the duration is under 30 minutes. All FOD classes must end 15 minutes prior to the Live Classes beginning.**
- 2. Text 437-66 for assistance turning the projector on, lowering or lifting the screen, and with music volume.**
- 3. There are some pre-scheduled classes. The times on the schedule highlighted are the times open for your personal choice of class.**
- 4. On the bottom of the touchpad select FILTERS. From there you can choose your FOCUS, LEVEL, DURATION, & CATEGORY. Enjoy!**



THE PASEO CLUB
VALENCIA