



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA™ 360 + InStudio



FREE!

YMCA360 InStudio is the perfect solution to accommodate your busy schedule. There are tons of high-quality workout classes for all levels – **all at the push of a button!** Just pick a class and go.

You can choose from an extensive library of Group Exercise Classes featuring top-notch trainers from every training discipline. With new and challenging programs and classes becoming available all the time, even the most active gym-goer will appreciate the fresh workout material.

INSTRUCTIONS:

- Power on the TV using the remote.
- Select a class on the iPad. Set up necessary equipment for the class you selected and ENJOY!
- Use the remote to control volume on the TV.
- When finished, clean and return equipment to designated area. The TV can remain on.

Please be aware of the following guidelines:

- **InStudio** classes in Studio 3 are available to members during non-class times.
- For the safety of all, the age guidelines for **InStudio** classes are the same as our live classes.
- **InStudio** classes may be used in instances where live classes need to be cancelled in an emergent situation or there are other issues that prevent a live instructor from teaching a class.
- **InStudio** in Studio 3 is available to members on a first come, first serve basis.
- Members experiencing an **InStudio** workout in Studio 3 have non-exclusive use of the space, meaning that others may respectfully use the space for their own workout or join you for yours!!