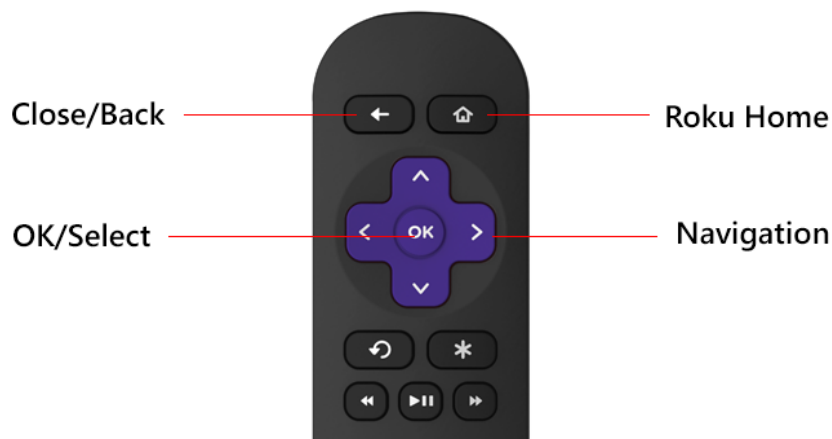




To begin a Studio SWEAT onDemand workout:

1. Make sure the TV or projector is powered on
2. Grab the small black ROKU remote
3. Select the Roku Home button
4. Select the Studio SWEAT onDemand app icon & hit OK
5. Using the navigation arrows, scroll to choose a class or use the filter system to find a specific class!
6. Click OK to begin your workout!
7. See you again, soon!



If your app shows the login screen or you are experiencing any issues - please contact the front desk or program administrator for assistance.