



How to Use InStudio

HOW TO FIND A WORKOUT

1. Locate the iPad in the studio with the television. The iPad will either be mounted on the wall or in a stand.
2. Find a workout by selecting a category or using the search function to type in a style of workout (i.e. yoga, HIIT, cycle) or type in an instructors name. Scroll down and to the right for more video options within each category.
3. Tap the video to read more.
4. Tap the play button in the center of the video preview. The video will display and automatically begin on the studio's television.
5. To stop a video during the streaming, tap "Stop Playback" on the iPad.

CATEGORY GUIDE

KIDS AND FAMILY

For families and kids, videos include youth sports, Fun Fit, martial arts, visual arts, STEAM, culinary arts, nutrition and more

MIND & BODY

Yoga, Pilates, Tai Chi, Meditation, Mind Matters

FITNESS FIRST

All active videos that include cardio, strength, dance & step, cycle, HIIT, core, weight lifting, mobility, Parkinson's and Cancer support, Healthy Eating and more

BOOMERS & BEYOND

Videos for the Active Older Adults including cardio, circuit, strength, bootcamp and stretch

AROUND THE Y

Videos uploaded from Y's across the country from many genres

LIVE STREAMING

Classes streaming in real-time from Y instructors across the country