

## How to operate MyZone Console

- Ensure T.V is switched on (Button in the middle under the screen)
- Ensure MyZone console is working and displaying the MyZone start screen (Console situated to the right of the T.V)
- Press the top right of the MyZone console screen which reads “MyZone”
- Chose one of the menu options
  1. Load Classes
  2. Timer
  3. Videos (you will use this mostly)
- Choose the class you wish to play by touching the screen
- The T.V screen and console will play the class with sound through the studio speakers.
- To pause or stop the class, press the top right of the console. This will then display a stop or pause option on the top right of the console which you can use.
- Volume can be controlled by the white wall mounted console to the bottom left of the T.V (Use the silver dial to adjust).
- When class is finished, please switch off the T.V using the on/off button under the centre of the screen.

**If you need further assistance with MyZone, please contact the Aker Active AIBP team**