

FITNESS ON DEMAND



Download the FOD APP

Create a login and password by clicking "Get Started". Enter in your information and then click "create account".



Allow FOD to Use Your Location

The app will ask to use your location while using this app. Make sure to choose "Always while using the app". If you do not click this, you will not be able to connect to the hub and stream classes.



Set-up Your Facility

Next, you will set-up your facility. To do this select "schedules" at the bottom of the screen. Select the Shepherd University Wellness Center to connect to our location.



Allow Access to Bluetooth

You now have access the videos by clicking "videos" in the bottom left corner of this screen. You will be asked to use Bluetooth with this app. Click "ok." Otherwise our video kiosk will not be able to send the class information to your phone.



Refresh and Start Streaming!

Once you have allowed Bluetooth access to this app the screen will refresh. Now you are ready to stream any class to your phone at any location in the gym!