



 **Download the
FOD Mobile App**

GET STARTED



PICK.

Browse hundreds of digital fitness workouts.
SEARCH or filter by **CATEGORY, LEVEL** and
DURATION to find the perfect workout for your goal.



CLICK.

Preview classes directly on the touchscreen kiosk.
Click **PLAY** when you're ready to begin.



PLAY.

Your guided workout will automatically
begin on the big screen!

#VirtuallyAnywhere

PICK. CLICK. **PLAY.**