



# What to do in a Virtual Flight session

1. Arrive 10 minutes prior to session start times.
2. On arrival to the centre, collect a receipt at Customer Service to register in to a session.
3. Enter room, place your receipt in the box provided.
4. Choose a bike and set bike to suit your needs.
5. Fill your drink bottle and have ready on hand in the bike holders provided.
6. Use fans if required, switches are located on the wall next too the door.
7. Book your bike through the iPad located on the wall or through the Stages Flight app on your phone.
8. There is NO FTP test in a Virtual fitness session, therefore it is important you have locked your FTP through your profile before the session begins, see information on locking your FTP.
9. Using your own music device and headphones, prepare to listen to your chosen music for the ride.
10. Wait for the program to come up on the screen.
11. Enjoy your workout!
12. At the end of the session, take some time to cool down and stretch before exiting the room.
13. Wipe your bike with wipes provided.
14. Lower bike seat and handlebars for the next riders
15. Collect your belongings.
16. Exit the room.