

# STAGES AT THE BAY CLUB



There are now two more ways to track your progress throughout the class:

## LINK YOUR BIKE WHEN YOU COME TO CLASS

When you come to a Flight class, you can now link your bike and get your information sent to you post-class! Simply follow the steps below:

1. Build a personal profile via [www.stagesflight.com](http://www.stagesflight.com)
2. Enter the location ID: Qk410 (for Bay Club El Segundo)
3. If you'd like to lock your FTP, go to the 'Heart Rate & Watts' link in your Settings, and 'Enable' the lock in your FTP.
4. When you come to class, simply chose your bike on the Tablet, enter your phone number (this is your profile ID) and confirm your FTP.
5. When class has ended, you will receive an email with all of your workout information

*Please note you will still sign up via Mind Body Online for any classes that require pre-registration.*

## STAGES FLIGHT APP

You can also use your Stages Flight App in any class. Follow the steps below:

1. Build a personal profile via [www.stagesflight.com](http://www.stagesflight.com)
2. Enter the location ID: Qk410 (for Bay Club El Segundo)
3. Download the Stages Flight App and login with your information from your online profile
4. When you enter class, open the app and connect to the AntID# on your bike's power meter
5. In the menu, choose 'Workout' and begin your workout
6. When you end your workout on the app, you'll see your workout stats

*Please note you will still sign up via Mind Body Online for any classes that require pre-registration.*

