
From: SCOTT DENETT <[REDACTED]>
Sent: Wednesday, October 26, 2011 5:06 PM
To: jeevacation@gmail.com
Subject: Gym

So the apple tv has a digital connection to the MD/cd channel that was left on so that should be fine

From your iOS device you can choose gym as the output

The out put chooser is near the Volume slider tap that and choose gym

You must be on the New_71st network to for this to work

Sent from my iPad

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
  <key>conversation-id</key>
  <integer>202603</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1319648762</integer>
  <key>flags</key>
  <integer>8590195713</integer>
  <key>gmail-label-ids</key>
  <array>
    <integer>6</integer>
    <integer>2</integer>
  </array>
  <key>remote-id</key>
  <string>187498</string>
</dict>
</plist>
```