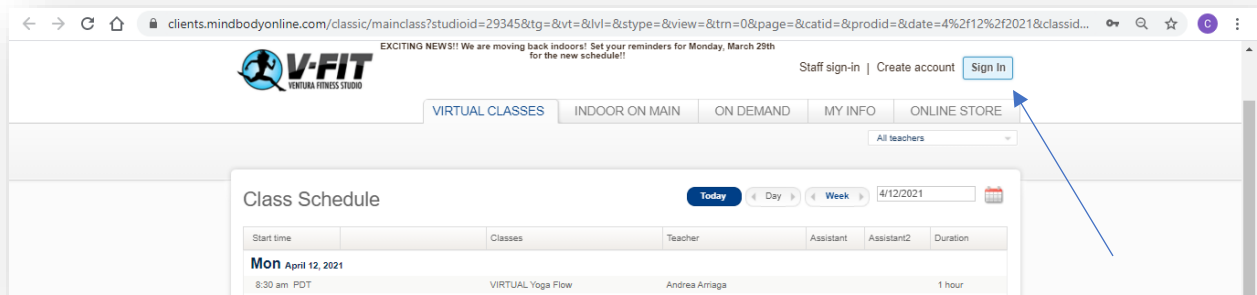
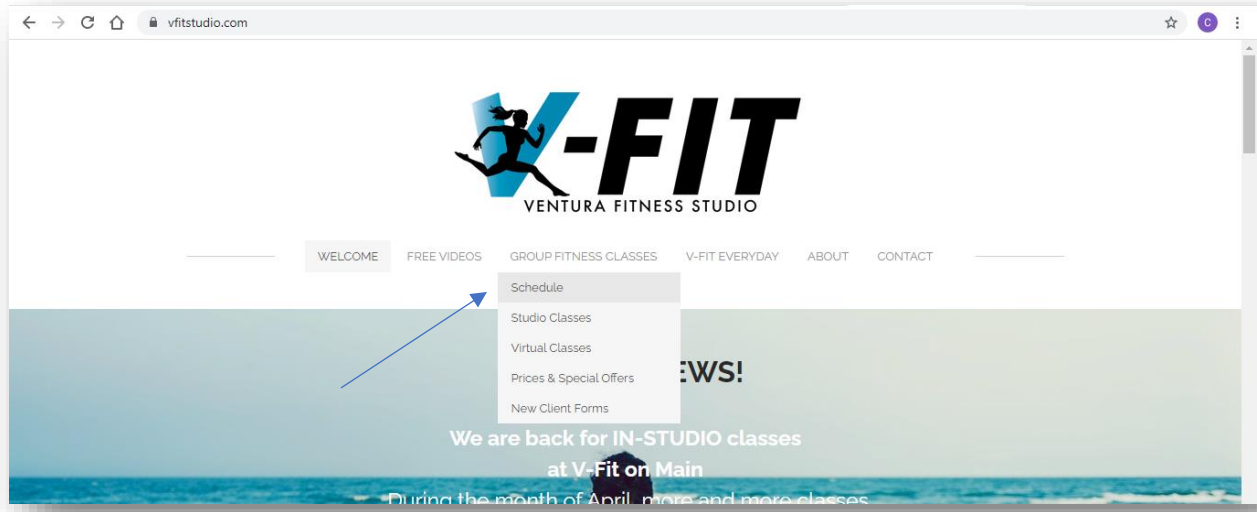


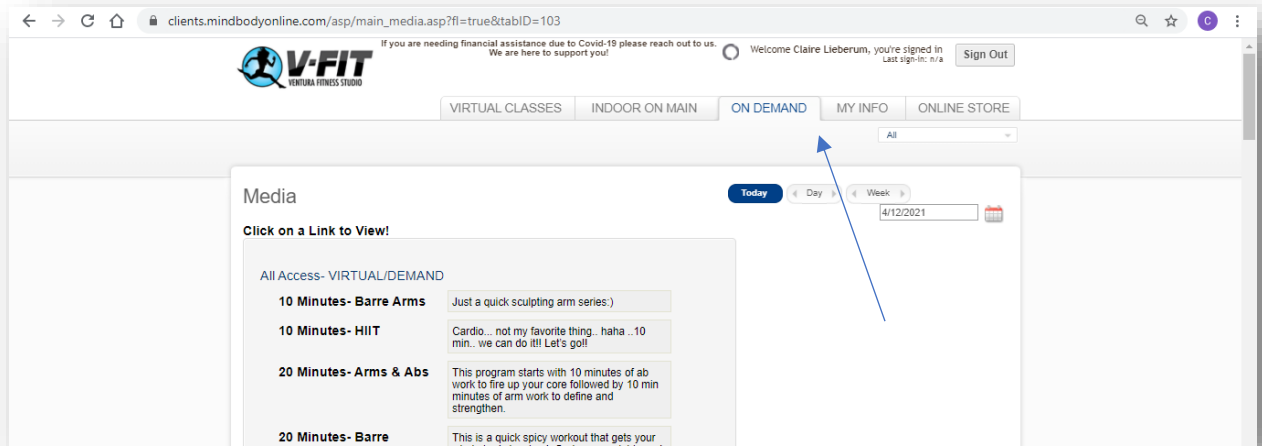


How to access our On-Demand Classes...

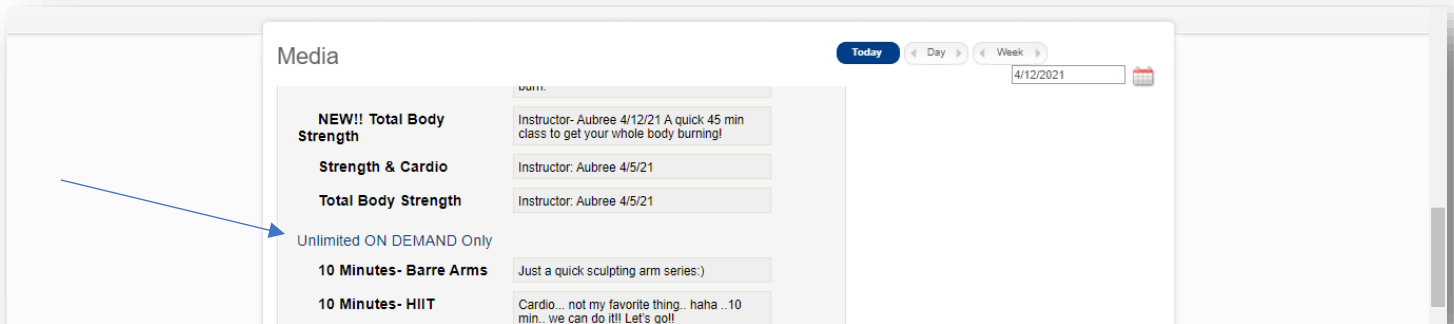
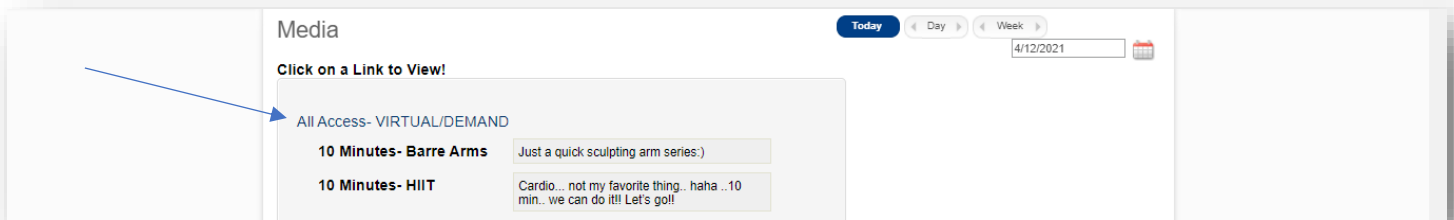
- 1) To access our On-Demand Classes, you must go through our website.
www.vfitstudio.com
- 2) Under the GROUP FITNESS CLASSES Tab click Schedule and log into Mindbody as you normally would.



3) From there, click the ON-DEMAND tab.



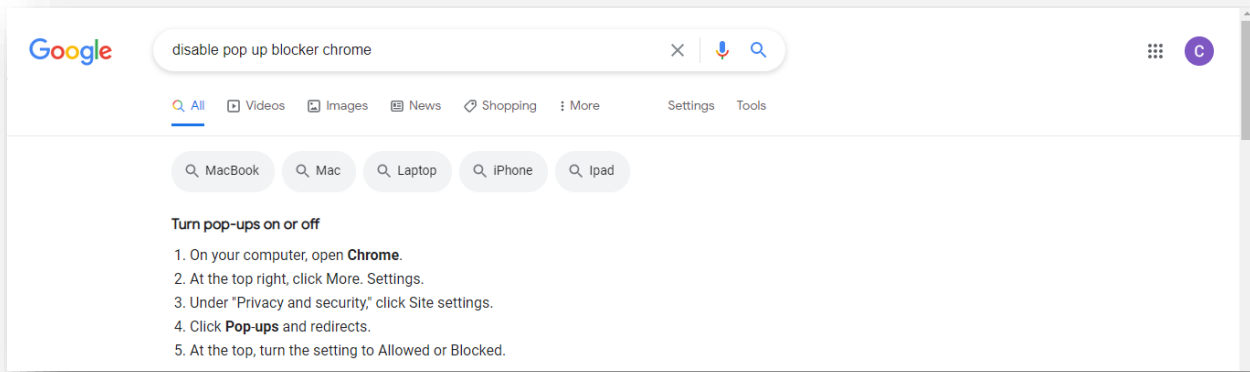
4) The top half is for clients on the \$59 All Access Pass and the bottom half is for \$29 On-Demand Clients only.



5) The links should be blue for the classes that your package covers.
If nothing happens when you click the link (and the link is blue) then you will need to disable your pop-up blockers.

6) On a Mac...Click Safari/Preferences/Websites/Pop-up Blockers-disable

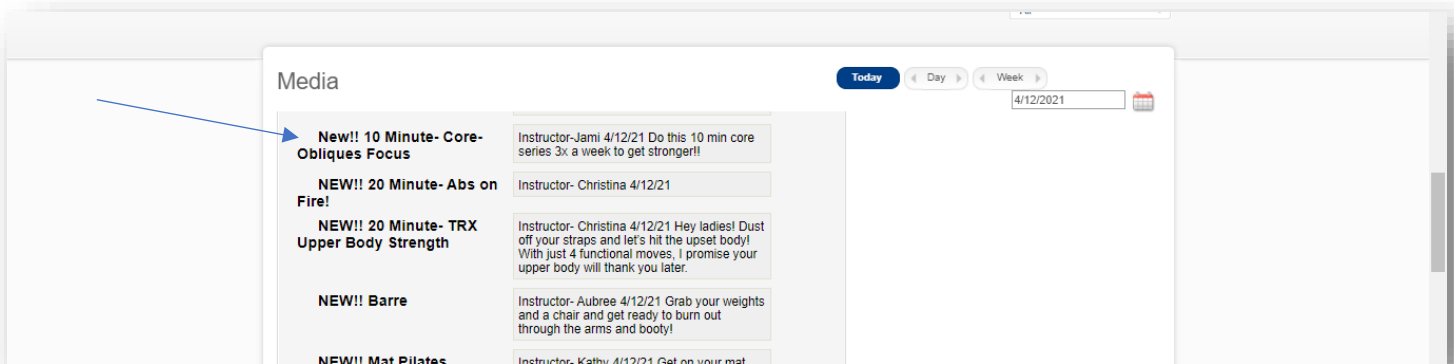
7) On a PC... It depends on what browser you use. Google search “disable pop-up blockers for your browser” which will give you easy step by step directions.



8) If the links are black, then your package is not eligible for these classes. Please contact us if you feel this is a mistake.

9) Every Sunday Leah will send an email at 5:00pm for the new Pre-recorded/On-demand classes for the week. You can click the link from the email or go in the way we just described.

10) All of the new classes for the week will be highlighted in one area marked NEW.



Please reach out if you have any questions.

Thank you!