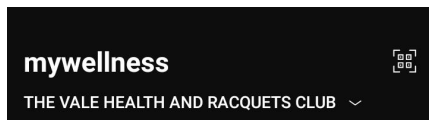
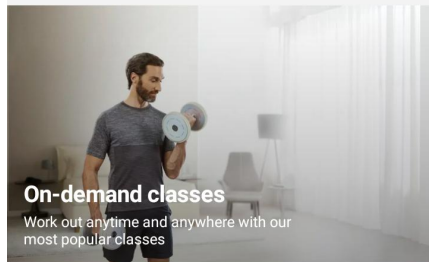


Guide to On-demand Classes using the MyWellness App

(Screenshots taken from Android version of app. iOS may appear slightly different and images on the app may be different)

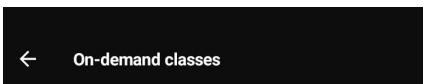
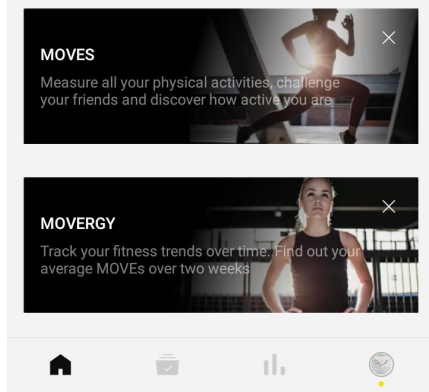


Open the **MyWellness** App on your smartphone

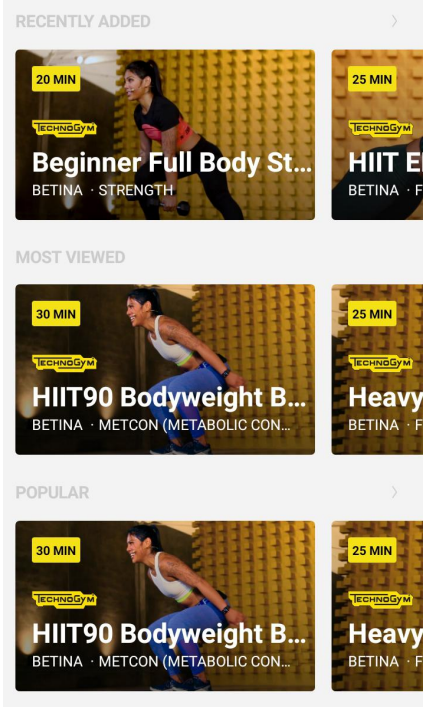


From the home page, scroll down until you see **On-Demand Classes**

Press **On-demand Classes**

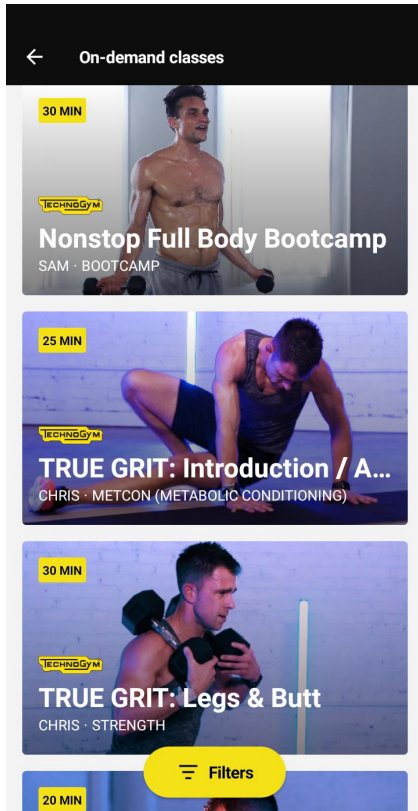


You can browse recently added or most viewed / popular classes

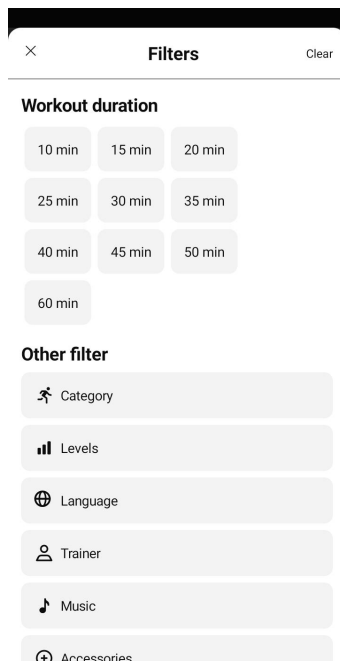


← Press > to browse all classes and search for something specific

← On some versions of the app the > appears here



You can now view the full library. Either scroll down the page until you find a class you are interested in or you can search for something more specific by pressing **Filters** at the bottom of the screen.



Here you can select any specific requirements you have for a class

Workout duration: How long do you want the class to be?

Category: What type of class do you want to do?

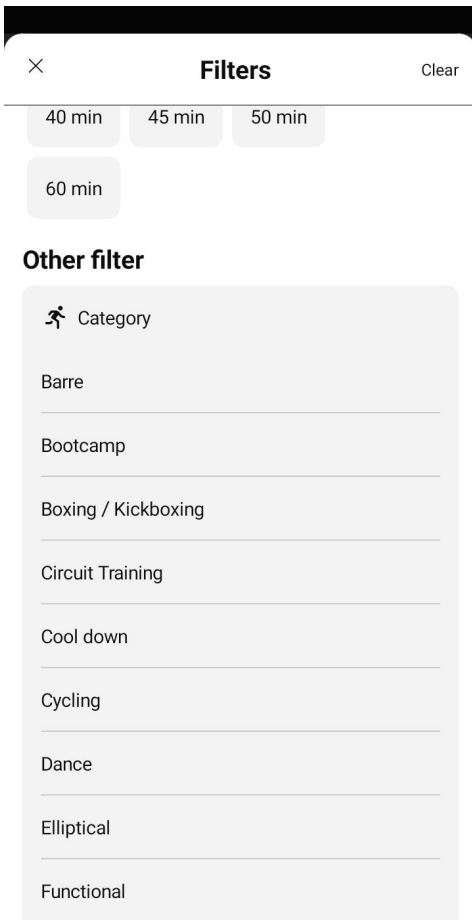
Levels: Beginner, intermediate, advanced

Language: Only English available at this time

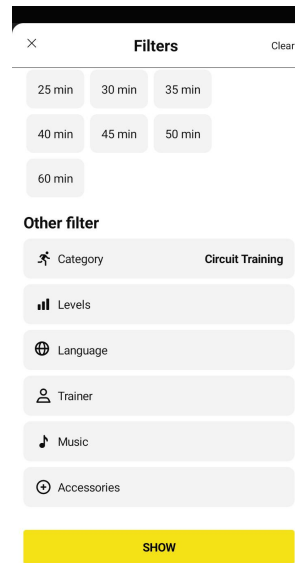
Trainer: Do you want a class from your favourite trainer?

Music: What type of music is playing during the class

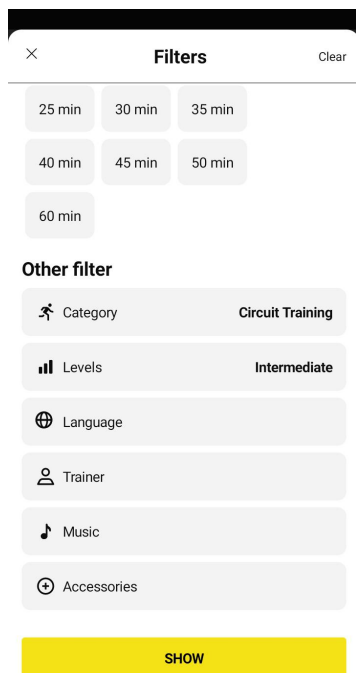
Accessories: Any equipment that would be required in a class eg dumbbell, resistance band. Alternatively you could do a bodyweight only session



At present, while the library is still growing it is advisable to select a minimum amount of filters. For example here I will just select **Circuit Training** to see what classes become available.

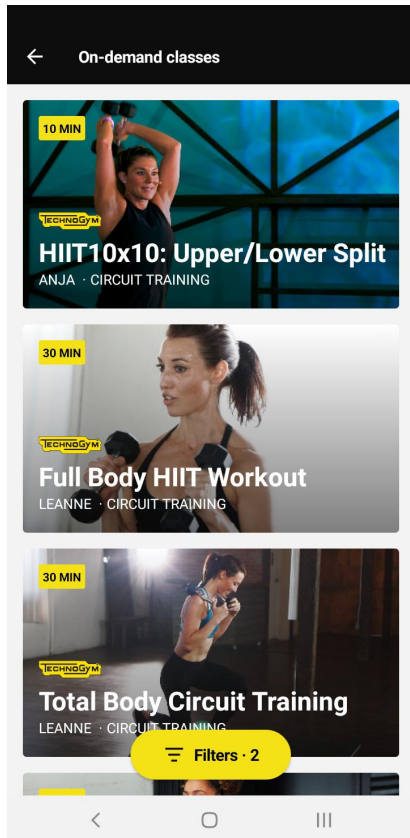


Press **Show**



You can select as many filters as you wish to narrow down the search results. Here I have selected **Circuit Training** for an **Intermediate** fitness level.

Press **Show**

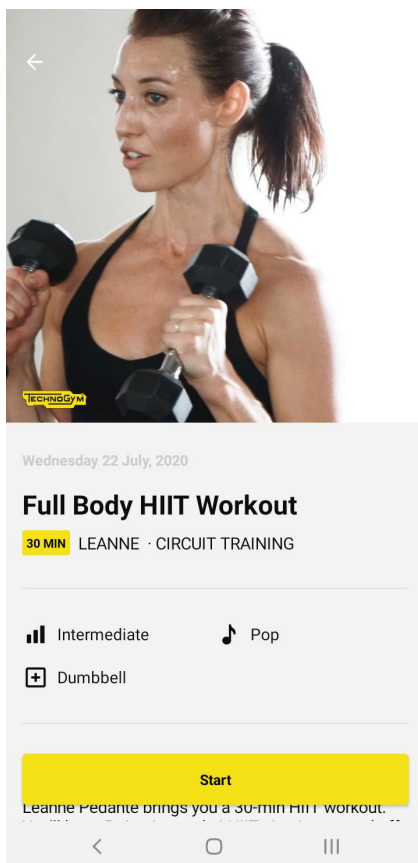


Your search results will be displayed, you can scroll down the screen depending on how many search results there are matching your filters.

If you press on a thumbnail more information about that class will be presented to you.

A number will be displayed next to the **filters** tab to show you how many filters you have applied for these search results. You can adjust these at any time.

If you cannot find a class, then click on this and remove some of your filters and more results will be displayed.



Once you have selected your class you can find out more information such as required equipment, type of music, level and a description.

You can click the back arrow (top left) to return to your search results.

If you are happy with your class selection and ready to train, then click on **Start**

ENJOY YOUR WORKOUT!

