

Healthtrax

Virtual Fitness



MEMBER INSTRUCTIONS FOR JOINING ONLINE LIVE-STREAMED CLASSES

1. Members will need to register an account on MotionVibe by visiting Healthtrax.motionvibe.com or download the Healthtrax app (see more details here www.healthtrax.com/reservations)

(Note: You will need to have your Healthtrax Scan card available to enter your unique member number listed under the barcode)

3. Once registered, login to MotionVibe on Healthtrax.motionvibe.com on your desktop or laptop, or through the Healthtrax app on your mobile device and click on “Live Virtual Class Schedule” to view the upcoming class schedule.

4. Find the class you would like to live-stream.

5. **5 minutes** before the class is scheduled to start, a “Watch Now” button will appear.

6. Click “Watch Now” and that will pull up the screen and a countdown clock.

7. Classes will start right on time.

8. Enjoy your class!

MEMBER INSTRUCTIONS FOR ENJOYING ON-DEMAND CLASSES

1. Members will need to register an account on MotionVibe by visiting Healthtrax.motionvibe.com or download the Healthtrax app (see more details here www.healthtrax.com/reservations)

(Note: You will need to have your Healthtrax Scan card available to enter your unique member number listed under the barcode)

2. Once registered, login to MotionVibe on Healthtrax.motionvibe.com on your desktop or laptop, or through the Healthtrax app on your mobile device and click on “[On-Demand Video Library](#)” located under the Virtual Schedule section.

4. The video library will appear and you can click “Display More” at the bottom of the screen to view more classes.

5. Click on the class you want to watch and enjoy!