

# WORKOUT WITH US!

CHECK OUT OUR LIVE VIRTUAL CLASSES



Available LIVE Classes:  
Barre, Beginner Yoga, Cardio  
Core, Meditation, Pilates,  
Power Yoga, Restorative Yoga,  
Tai Chi, Total Body  
Conditioning, Wounded  
Warrior classes, Zumba and  
more!

## User Testimonials

*"Your classes have been a life saver for me --thank you SO MUCH for all you have done to keep me active and healthy!"*  
- VISN 12 Participant

*"loved the class - teacher was excellent in teaching steps"* - VISN 12 Participant

*"This is a great service for Veterans and VA employees!"* - VISN 12 Participant

## FREE

## Unlimited Access to Live Interactive Virtual Whole Health Classes

Are you looking for ways to integrate regular fitness and wellness classes into your routine at no cost? Try our NEW unlimited access to live interactive virtual wellness classes today!

Follow the instructions for creating an account on the next page.



Live Whole Health.



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*You have served your country proudly, and we are offering the opportunity for you to serve your health through live virtual group exercise classes and access to on demand classes.*

How it works:



## Step 1: Register

- Register by clicking [HERE](#) and completing the registration questions
  - You will receive an email notification upon completion of registration and a second email once your registration has been reviewed and approved.
- After receiving the account approval notification email, click [HERE](#) to login. *(Note: username and passwords are case sensitive)*



## Step 2: Access Classes

- After logging in, access all virtual services by clicking [HERE](#). *(For easy access save this link to your web browser favorites)*
- **LIVE STREAM**
  - To view the Livestream classes simply click [HERE](#) and select the class you wish to attend.
  - Select “register” and complete the zoom registration information (name, email, etc.).
  - You will receive a registration confirmation email that will provide you with the detailed information about the class you registered for: class description, dates, times, the link to join the class as well as a link to add the class to your calendar and establish calendar reminders. **Note: you will be registered for ONLY the dates and times listed in the registration email. You must register for any additional classes you wish to attend.**
- **ON DEMAND**
  - Access on demand classes at your own convenience by clicking [HERE](#) and selecting the format and class you wish to view.



## Step 3: Set up your space and begin your wellness journey

- Roll out your mat, position your laptop or phone 7-8ft away from you, make sure your webcam is turned on and enjoy!
- **LIVE STREAM CLASSES:** On the day and time of your class- select “Click Here to Join” hyperlink in your confirmation email or in the calendar invite you established.



Scan the QR code with your smart phone or tablet for quick access

DISCLAIMER: YOU SHOULD CONSULT YOUR PHYSICIAN OR OTHER HEALTH CARE PROFESSIONAL BEFORE STARTING THIS OR ANY OTHER FITNESS PROGRAM TO DETERMINE IF IT IS RIGHT FOR YOUR NEEDS. DO NOT START THIS FITNESS PROGRAM IF YOUR PHYSICIAN OR HEALTH CARE PROVIDER ADVISES AGAINST IT. IF YOU EXPERIENCE FAINTNESS, DIZZINESS, PAIN OR SHORTNESS OF BREATH AT ANY TIME WHILE EXERCISING YOU SHOULD STOP IMMEDIATELY.



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Regional Procurement Office Central

Live Whole Health.



\*By signing up to use this VA contract, a VA medical center may be contacting you to discuss additional whole health options available for veteran use.