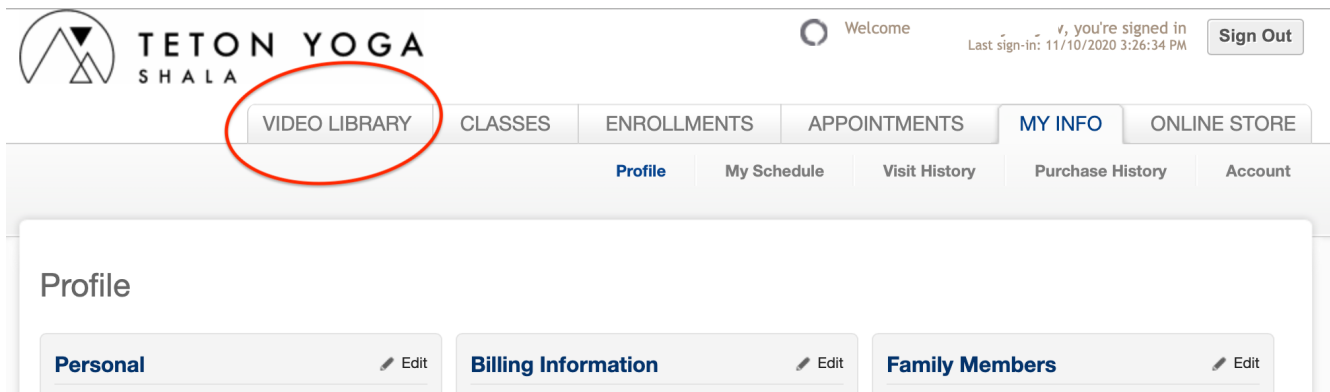
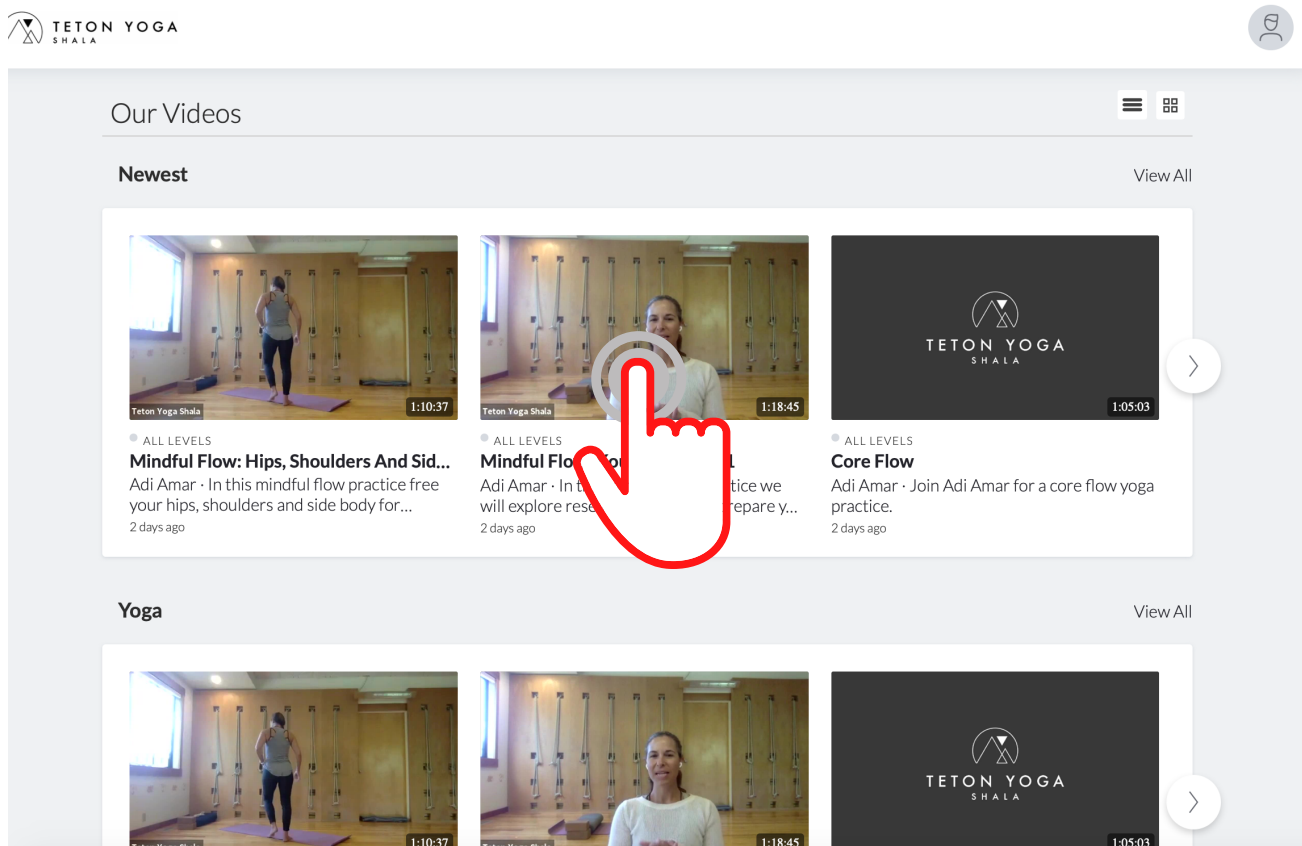


# On Demand Video Library

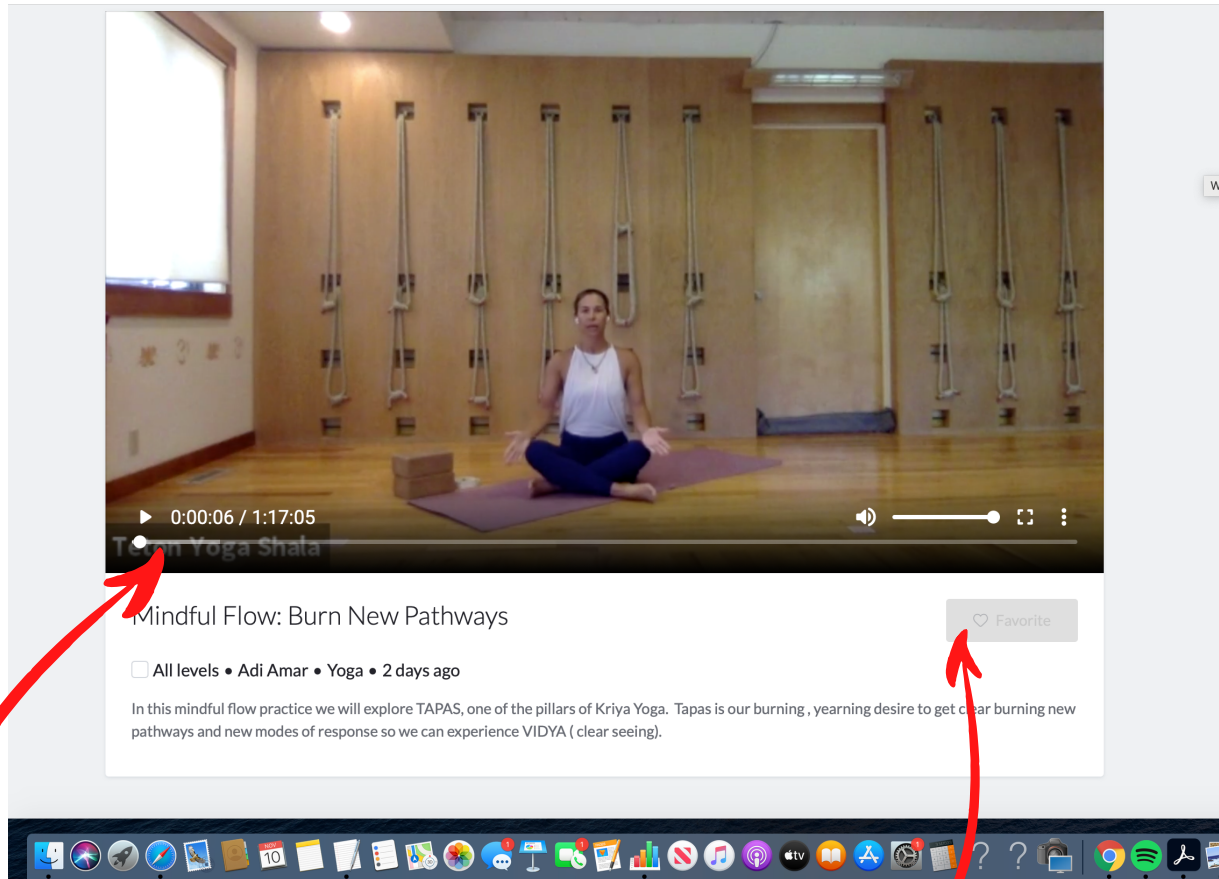
1. Click the 'Video Library' tab



2. Scroll through videos and pick one



### 3. Click play on the lower left-hand corner



NOTE: If you let it build up a cache by pausing it for a few minutes, it may play more smoothly.

TIP: If you like the class and want to repeat it, click on the 'Favorite' button under the video. ❤️

*Thank you!*

