



# WFCC ONLINE CLASS GUIDE

## RETRIEVING YOUR LOGIN INFORMATION

To log into the new WFCC member-only online class platform, you will first require an invitation email from the WFCC team.

The invitation will include a direct link to the online class platform (<https://womensfitness.uscreen.io/>) and your unique login information. (See image below for example)



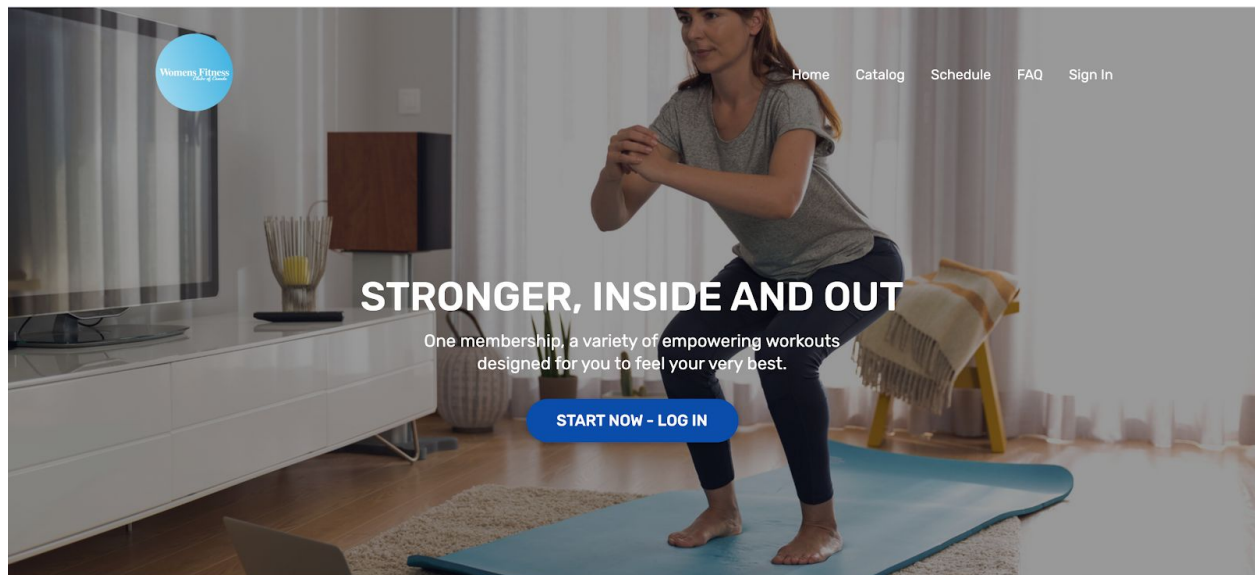
*Access to virtual classes is available for all active Womens Fitness Clubs of Canada members. If you have not received an email invitation from us, please contact your home club's manager and we will assist you!*

*If you are not a WFCC member but are interested in an online-only membership, please send us an e-mail at [onlineclasses@womensfitnessclubs.com](mailto:onlineclasses@womensfitnessclubs.com) for more information!*

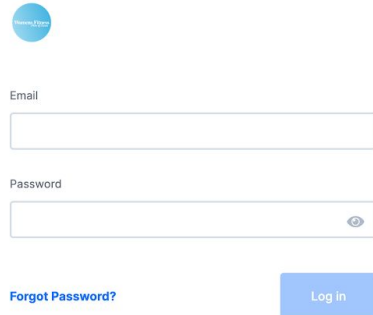
## LOGGING IN

Visit <https://womensfitness.uscreen.io/> on your preferred Internet browser (desktop or mobile)

Click on the dark blue “START NOW - LOG IN” button (*pictured below*)



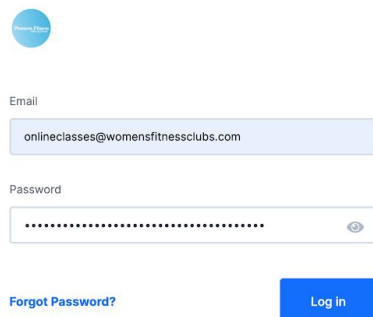
Next you will be taken to the Sign In page. *(pictured below)*



A screenshot of a web application's sign-in page. At the top left is a circular logo with the text "Women's Fitness Clubs". Below it are two input fields: "Email" and "Password". The "Email" field is empty, while the "Password" field contains a series of dots. To the right of the "Password" field is an eye icon for toggling visibility. Below the "Email" field is a link that says "Forgot Password?". To the right of the "Password" field is a blue button labeled "Log in".



Enter your login information from the invitation email. Once you have all of the information entered, click on the blue “Log In” button. *(pictured below with sample e-mail address)*



A screenshot of the same sign-in page as above, but with sample information entered. The "Email" field now contains the text "onlineclasses@womensfitnessclubs.com". The "Password" field still contains dots. The "Forgot Password?" link and the "Log in" button remain in the same positions.

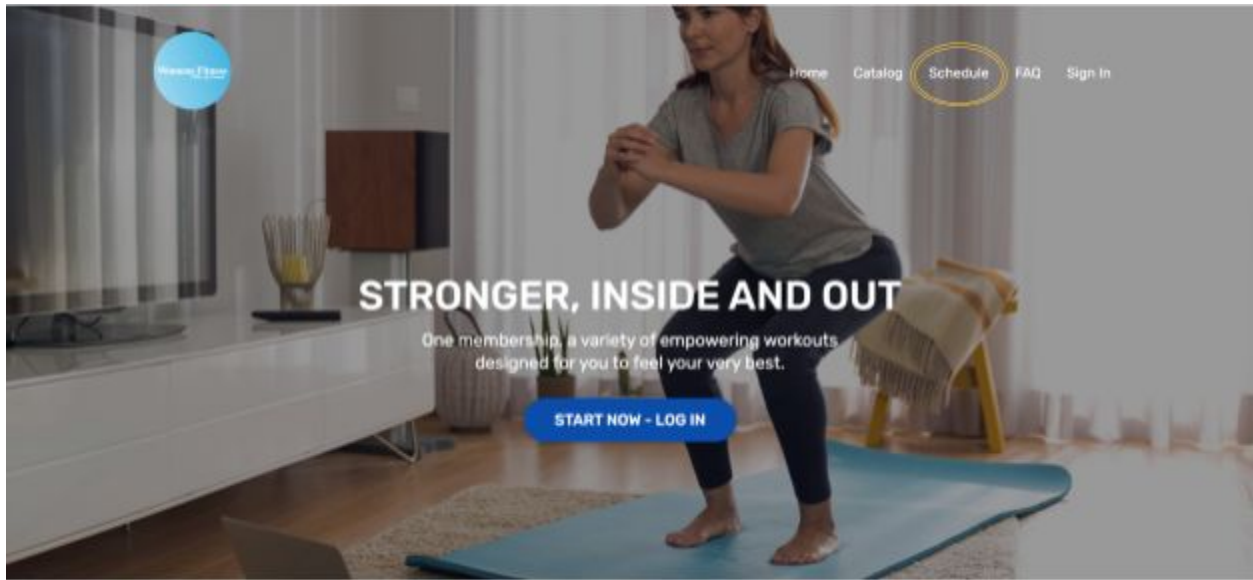


Congrats! You're all logged in! For next steps, please continue reading the guide.

## VIEWING THE SCHEDULE

The online class schedule is available at the following direct link: [bit.ly/wfccschedule](https://bit.ly/wfccschedule)

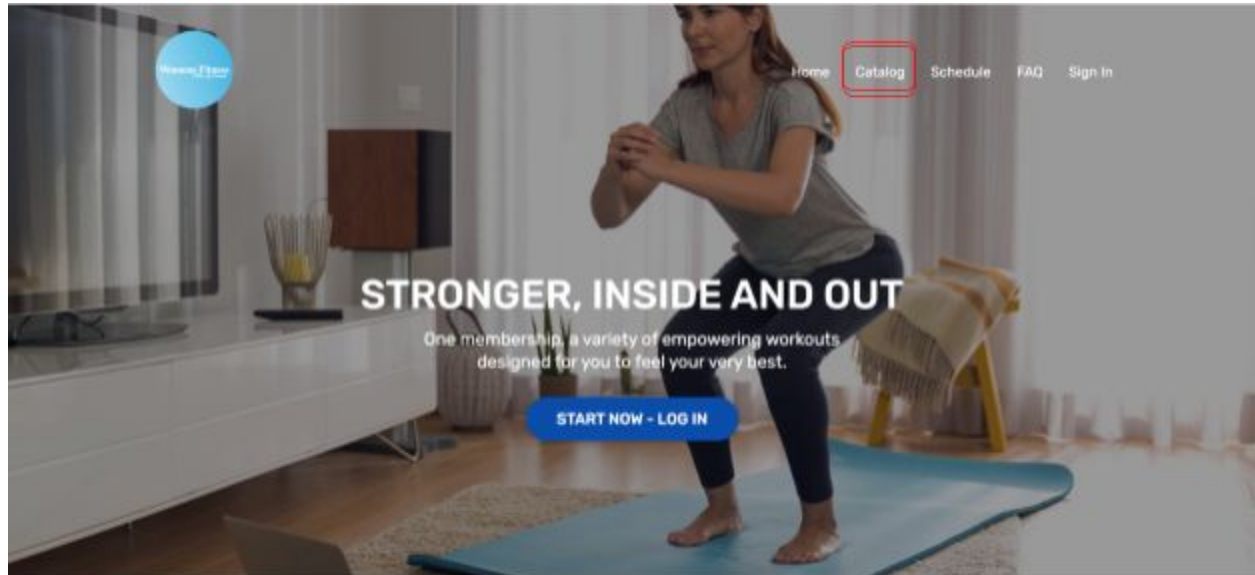
While viewing [womensfitness.uscreen.io](https://womensfitness.uscreen.io), you may also select the “Schedule” page from the navigation bar, located in the top right corner (*circled in yellow in the image below*).



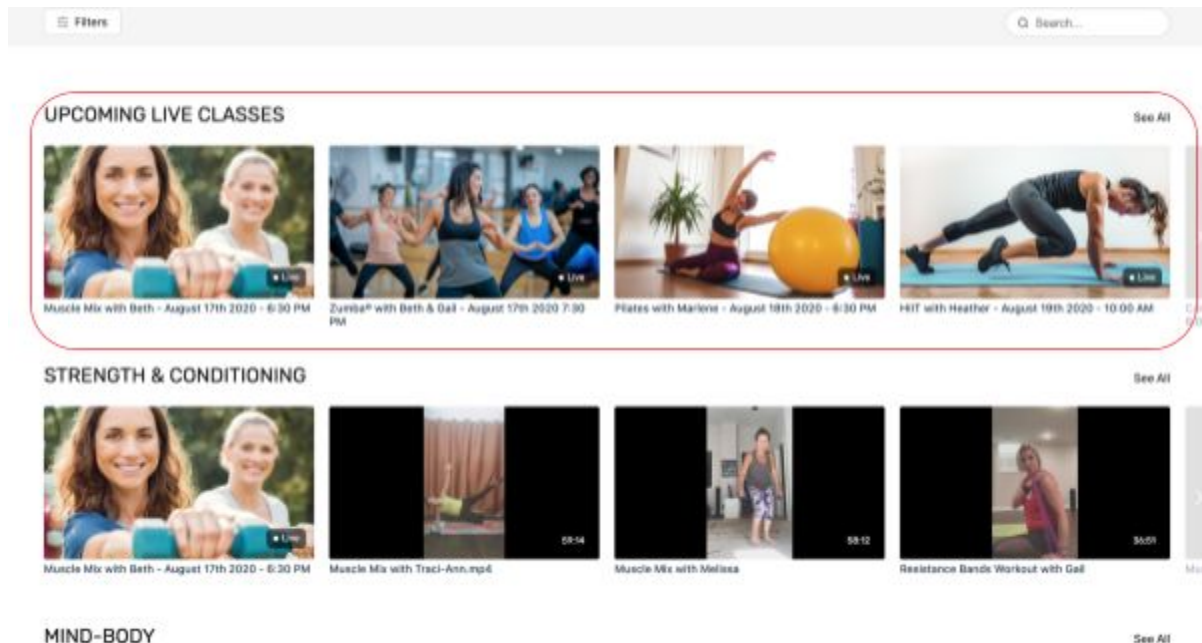
# JOINING LIVE CLASSES IN REAL TIME

## OPTION 1

From the navigation bar, located in the top right corner, select the “[Catalog](#)” page (circled in red in the image below).

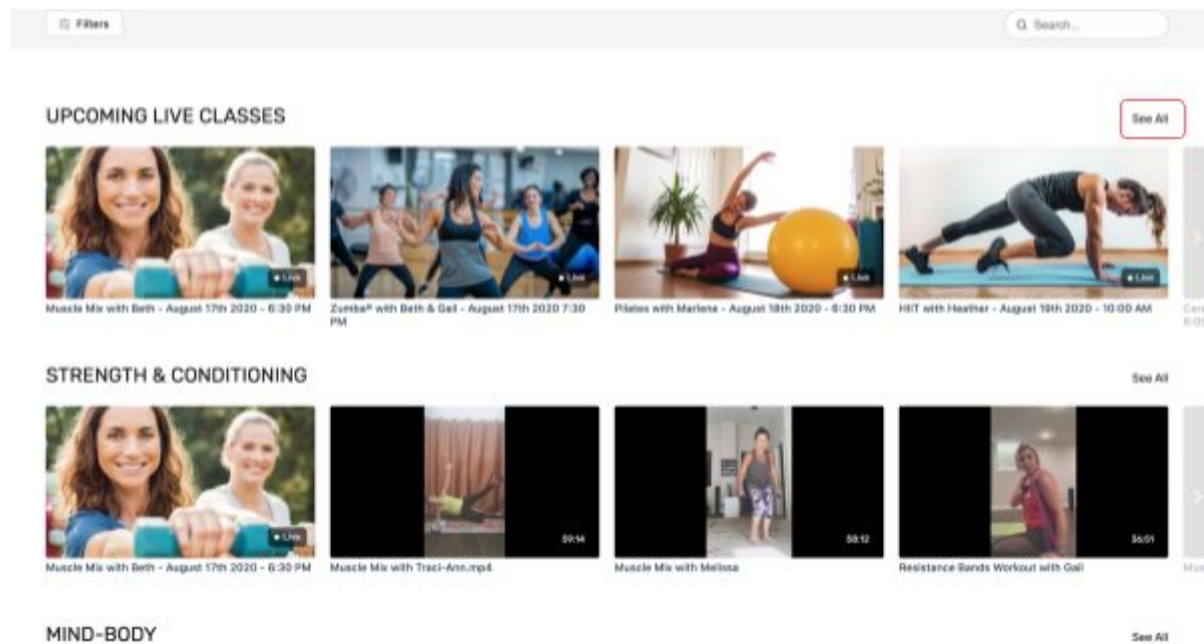


Next, scroll down on the “Catalog” page to see the “Upcoming Live Classes” category. You may also use the direct link [bit.ly/upcominglives](https://bit.ly/upcominglives) to browse the Upcoming Live Class category in the Catalog (circled below in red).



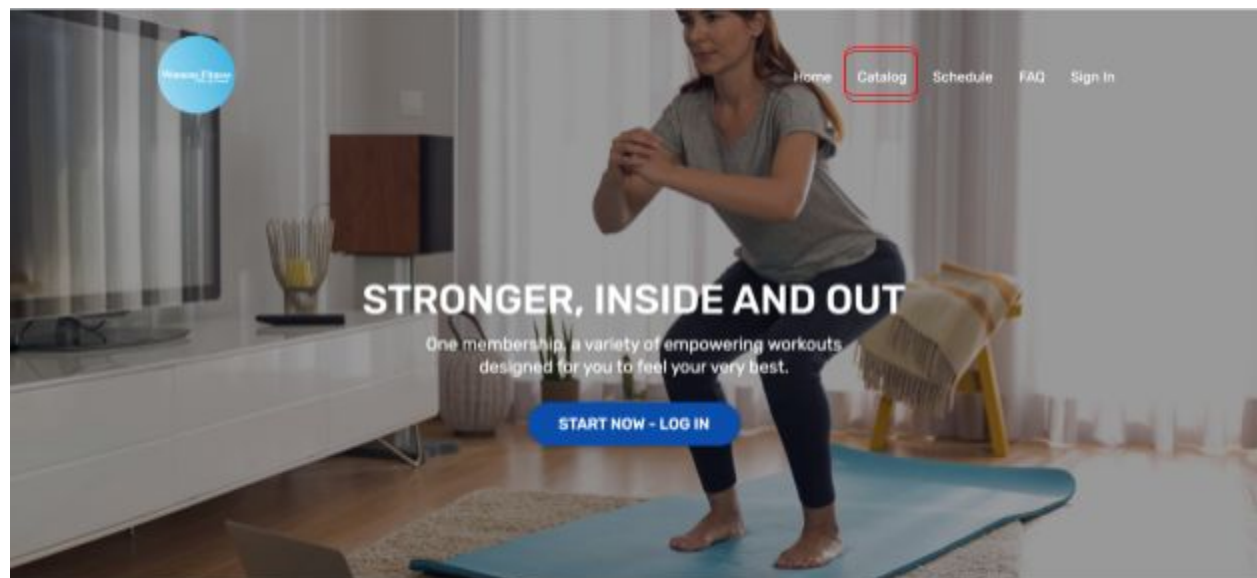


If you see the name of the class you are looking to join there, click on it to be directed to the class live stream page. If you don't see the class name in the section, click on the "See All" button located in the top right corner of the category section (*circled in red below*).



## BROWSING CLASS REPLAY/VIDEO ON DEMAND CATALOG

From the navigation bar, located in the top right corner, select the "Catalog" page (*circled in red in the image below*).







Next, scroll down on the “Catalog” page to browse the class type categories of interest to you. Click on the category section’s “See All” button, located in the top right corner of the section to browse the full category (*circled in red in the image below*).

Filters

Q Search...

UPCOMING LIVE CLASSES





See All

Muscle Mix with Beth - August 17th 2020 - 6:30 PM  
Zumba® with Beth & Gail - August 17th 2020 7:30 PM  
Pilates with Marlene - August 18th 2020 - 6:30 PM  
HIIT with Heather - August 19th 2020 - 10:00 AM

STRENGTH & CONDITIONING

See All

Muscle Mix with Beth - August 17th 2020 - 6:30 PM  
Muscle Mix with Traci-Ann.mp4  
Muscle Mix with Melissa  
Resistance Bands Workout with Gail

MIND-BODY

See All





Alternatively, you may also use the Search bar, located in the top right corner (*circled in blue in the image below*), to Search for classes by class name, an instructor's name, or a class type category. Once you have typed what you are looking for, press the “Enter” button on your keyboard, or click on the magnifying glass icon located next to the Search bar (*circled in orange in the image below*).

Filters

Q Muscle Mix

UPCOMING LIVE CLASSES




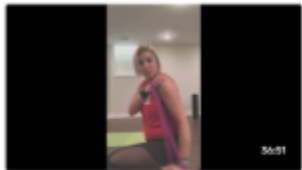
See All

Muscle Mix with Beth - August 17th 2020 - 6:30 PM  
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STRENGTH & CONDITIONING

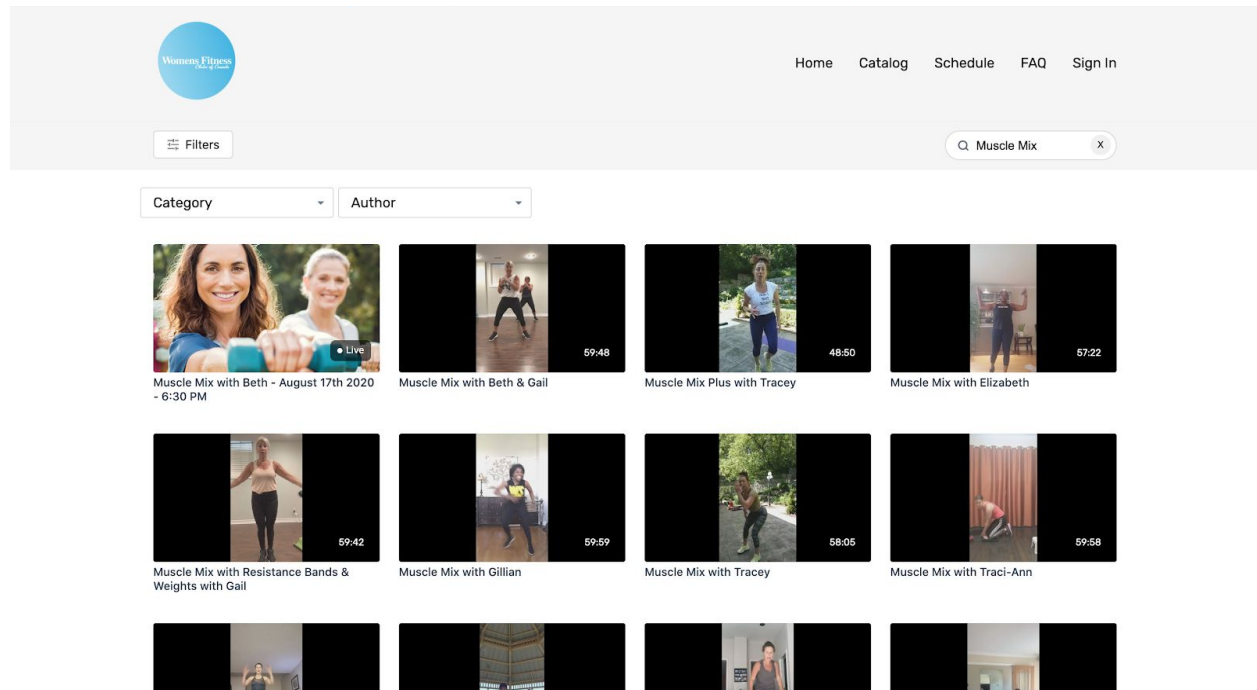
See All

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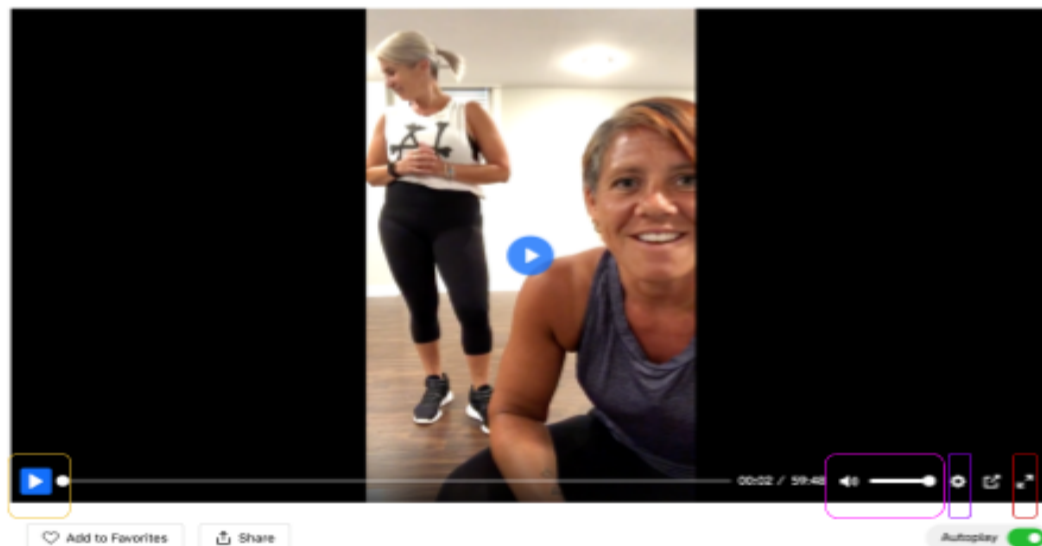
MIND-BODY

From there, you should see the Search results. The page should look something like this!



To take a class, click on the class that interests you. From there, you will be directed to the class page. Use the buttons in the bottom of the video player screen to either Play (*circled in yellow*), Pause (*this will appear when you click on the Play button*), toggle Volume (*circled in pink*), toggle the quality of the video (*circled in purple*), or go Fullscreen (*circled in red*)! Have a great class!

#### Muscle Mix with Beth & Gail

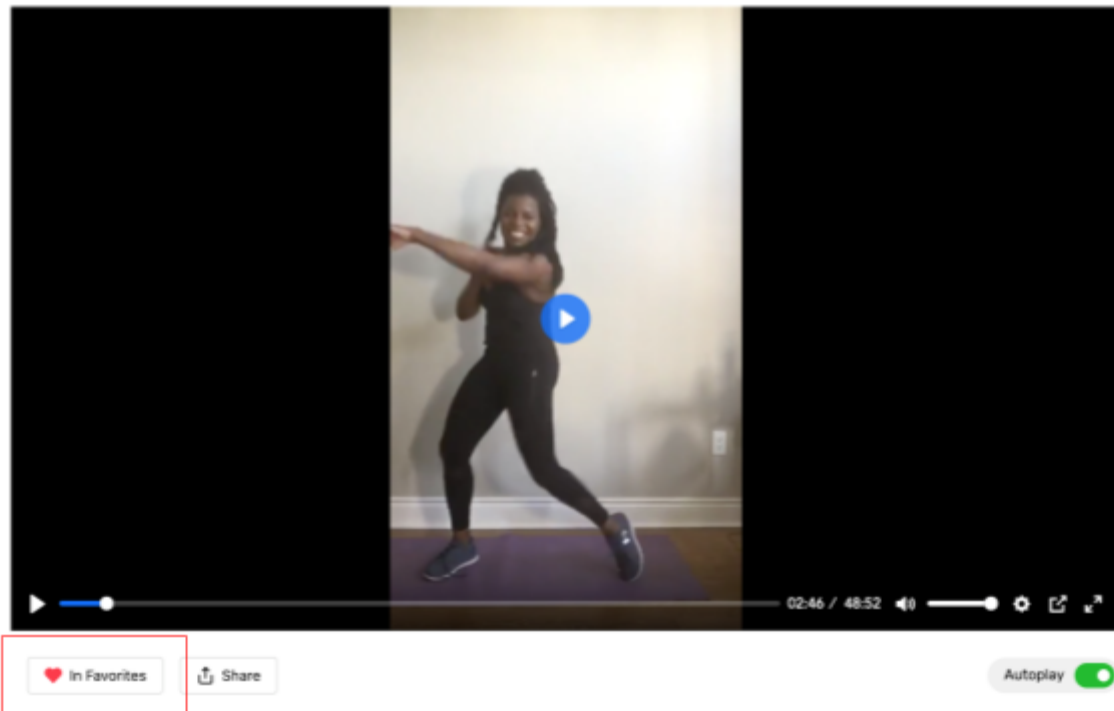




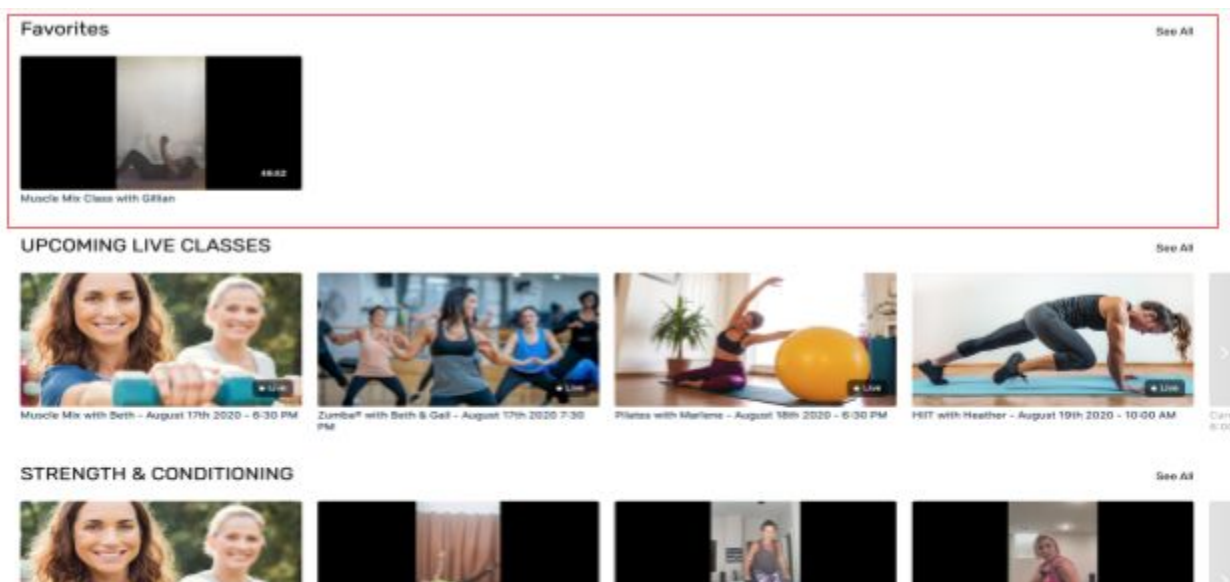
## “FAVOURITING” CLASSES

Did you absolutely LOVE a class? Click on the “Add to Favourites” button, located below the video player to add it to your Favourites! You will know the class has been added to your Favourites the button says “In Favourites” with a red heart (*shown below in red*).

### Muscle Mix Class with Gillian



To Browse your Favourite classes later on, go to the [Catalog page](#). Next, scroll down to see your Favourites category section (*shown below in red circle*)!



To remove a class from your favourites, click on the “In Favourites” button so that the button toggles to “Add to Favourites” again.

*Should you have any additional questions after reviewing the full guide above and our [FAQ page](#) please send us a DM on Instagram [@womensfitnessofficial](#) or e-mail [onlineclasses@womensfitnessclubs.com](mailto:onlineclasses@womensfitnessclubs.com) and someone from the WFCC team will connect with you within 48 hours!*