

# HOW TO ACCESS THE FITNESS FOR ALL ONDEMAND FITNESS CLASSES

1

Log into the members HUB at [members.ewsnetwork.com](https://members.ewsnetwork.com) and click on the Fitness for All container in the Wellness Library.

2

Click on the **Log In** button on the Fitness for All Landing Page.

3

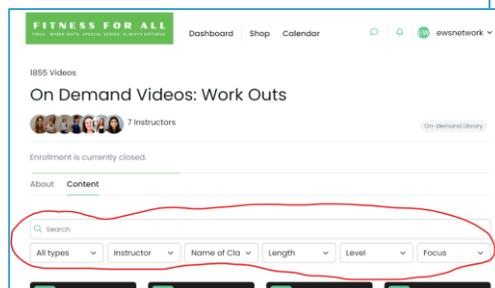
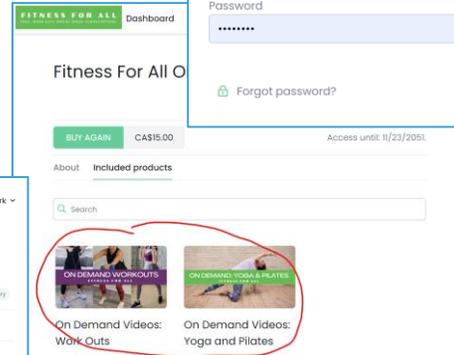
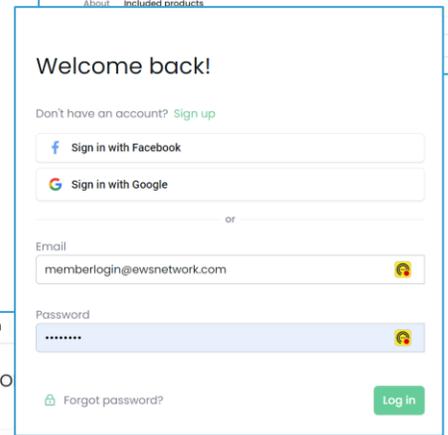
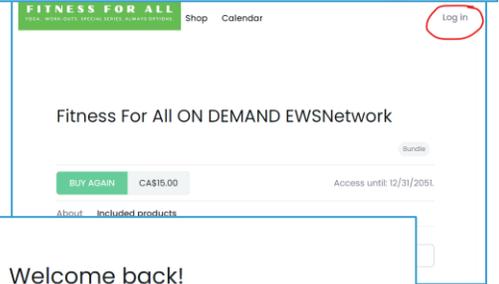
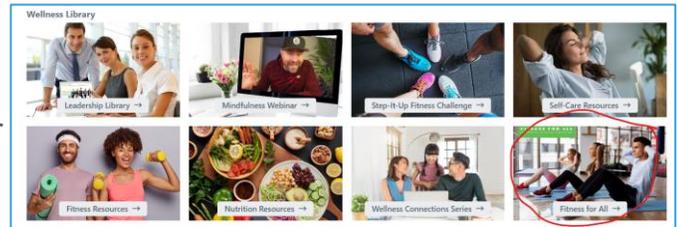
**Username/Email** is the same as your HUB login username followed by [@ewsnetwork.com](mailto:@ewsnetwork.com). Password is **wellness**

4

Select **On Demand Videos: WorkOuts** or **Yoga and Pilates**

5

**Search** videos by Type, Instructor, Class, Length, Level or Focus.



## FITNESS FOR ALL



Contact [healthcoaching@ewsnetwork.com](mailto:healthcoaching@ewsnetwork.com) for more help.