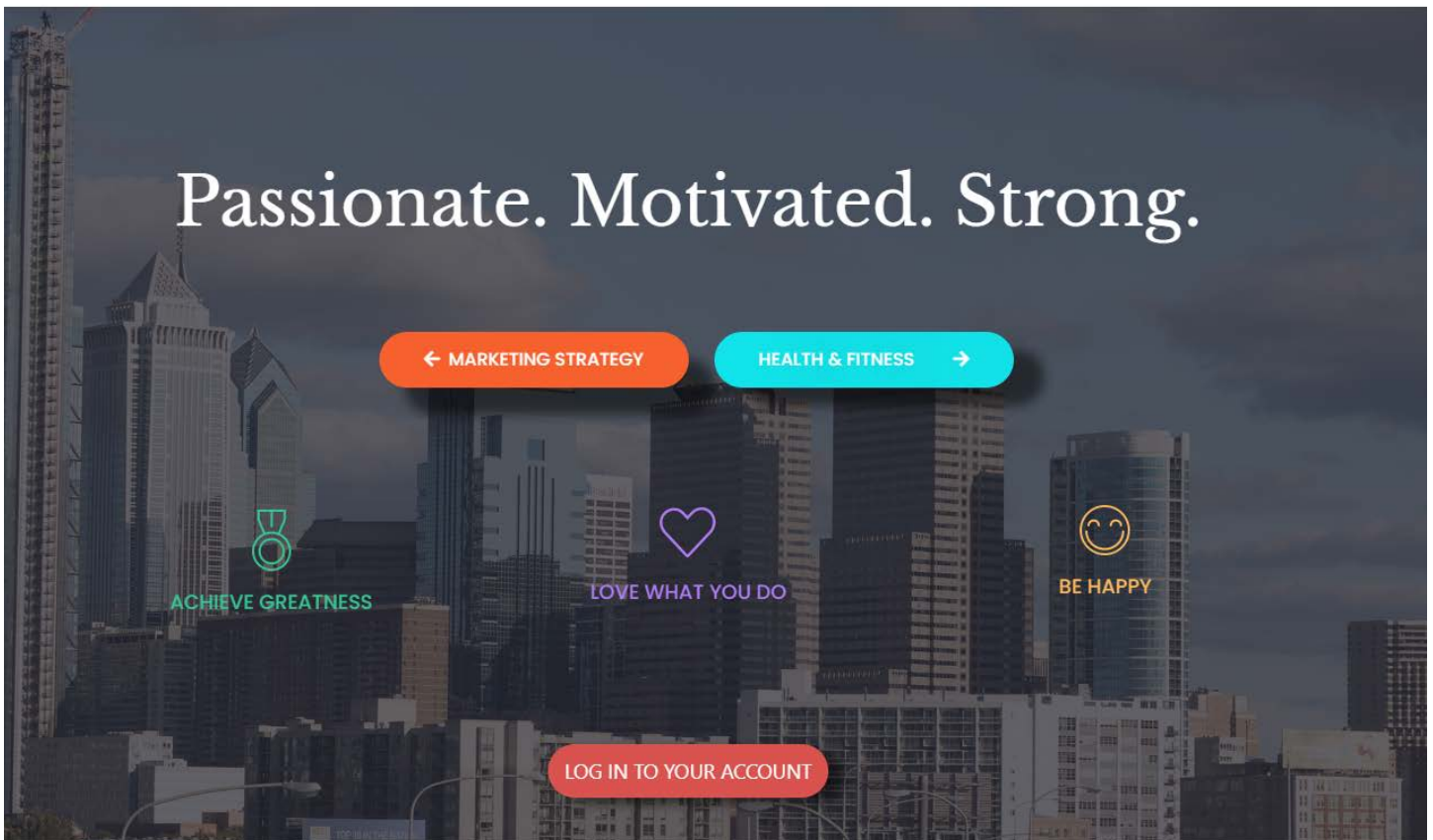


How to Access Your Library of Classes and Live Class Links

Step 1. Log in to your account. You can access your account from my homepage: laurenhanan.com – and then click on the red button in the bottom center that says “Log In To Your Account.” Or you can go straight to laurenhanan.com/my-account.



Once you are on the "My Account" page it will look like this. Simply enter the username and password that you chose when you signed up.



My Account

WELCOME!

Username or Email Address

LaurenHanan

Password

.....

Remember Me

LOG IN

[Register](#) | [Lost your password?](#)

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[THIS WEEK'S CLASS LINKS](#)

Once you have entered your credentials you will be taken to this screen.



My Account

WELCOME!

[Subscriptions](#) [Edit Profile](#) [Payments](#) [Logout](#)

Subscription Plan	One Month Unlimited Workouts – Live and Recorded
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Status	Active
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Start Date	May 10, 2020
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Expiration Date	December 31, 2020
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Actions	Cancel Abandon
---------	--

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THIS WEEK'S CLASS LINKS

Here you can edit your profile – change your password or username.

My Account

WELCOME!

[Subscriptions](#) [Edit Profile](#) [Payments](#) [Logout](#)

Subscription Plan	One Month Unlimited Workouts – Live and Recorded
Status	Active
Start Date	May 10, 2020
Expiration Date	December 31, 2020
Actions	Cancel Abandon

[VIDEO LIBRARY](#) [THIS WEEK'S CLASS LINKS](#)

You can also see all of the payments you've made so far.

WELCOME!

[Subscriptions](#) [Edit Profile](#) [Payments](#) [Logout](#)

Subscription Plan	One Month Unlimited Workouts – Live and Recorded
Status	Active
Start Date	May 10, 2020
Expiration Date	December 31, 2020
Actions	Cancel Abandon

You will also see your subscription plan and your expiration date:

WELCOME!

[Subscriptions](#) [Edit Profile](#) [Payments](#) [Logout](#)

Subscription Plan	One Month Unlimited Workouts – Live and Recorded
Status	Active
Start Date	May 10, 2020
Expiration Date	December 31, 2020
Actions	Cancel Abandon

But the most important part is that here you can access your video library!



My Account

WELCOME!

[Subscriptions](#) [Edit Profile](#) [Payments](#) [Logout](#)

Subscription Plan One Month Unlimited Workouts – Live and Recorded

Status Active

Start Date May 10, 2020

Expiration Date December 31, 2020

Actions [Cancel](#) [Abandon](#)



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[THIS WEEK'S CLASS LINKS](#)

Once you click on that red button, this is the screen you will come to. You can click on any of these squares to access a wide variety of classes with different class lengths!

HANAN 
HEALTH & FITNESS COACH
UNLIMITED PRE-RECORDED VIDEO LIBRARY



Zumba®



STRONG Nation™



Buns 'n Guns



Strength & Core



CoreWorks



Cardio Sculpt



Spinning®



Strength & Stretching

To access the week's classes, you simply click on "This Week's Classes"

My Account

WELCOME!

[Subscriptions](#) [Edit Profile](#) [Payments](#) [Logout](#)

Subscription Plan	One Month Unlimited Workouts – Live and Recorded
Status	Active
Start Date	May 10, 2020
Expiration Date	December 31, 2020
Actions	Cancel Abandon

VIDEO LIBRARY

THIS WEEK'S CLASS LINKS

And you will come to this page. All you do is click on the corresponding button for the day and time – and your Zoom class will immediately open! Simple as that!

Click the buttons below to access class each day:

Monday Zumba® @ 3pm - 50 minutes

Tuesday Stretch & Strength @ 7:00am - 30 minutes

Tuesday STRONG Nation™ @ 12:00pm - 60 minutes

Wednesday Strength & Core @ 10:00am - 60 minutes

Wednesday Zumba® @ 12:00pm - 45 minutes - Ladies Playlist!

Thursday Zumba® @ 10:00am - 45 minutes

Thursday Cardio Sculpt @ 5:00pm - 60 minutes

Friday CoreWorks @ 7:00am - 30 minutes

Friday Zumba® with Fran @ 9:00am - 55 minutes

Friday STRONG Nation™ @ 10:00am - 60 minutes

Saturday Zumba® with Fran @ 9:00am - 55 minutes

Saturday Buns 'N Guns @ 10:00am - 60 minutes

Sunday Zumba® with Fran @ 9:00am - 55 minutes

Sunday Spinning® @ 9:30am - 45 minutes