



## Member Instructions for Joining Online Classes

1. Members will need to register for VHP: <https://acacondemand.com>
2. Your Member ID is your **acac** Scantag #
3. Once registered, click on “Live Events.” That will pull up the upcoming class schedule.
4. Find the class you would like to live stream. If you don’t see it, click “show more classes.”
5. If the class is available, there will be a “Register” button. Click on this button and the class will move into your “Upcoming Group Events” list. You can register for a class as soon as it is posted up to 5 minutes before class starts.
6. When it is time for class, log back into VHP and click on “Live Events.”
7. Locate the class you are registered for under “Upcoming Group Events.”
8. **5 minutes** before the class is scheduled to start, a “Join” button will appear.
9. Click “Join” and that will pull up the screen and a countdown clock.
10. Classes will start right on time.
11. Enjoy your class!

## Member Instructions for Enjoying On Demand Classes

1. Members will need to register for VHP: <https://acacondemand.com>
2. Your Member ID is your **acac** Scantag #
3. Once registered, click on “On Demand.”
4. That will pull up a few categories. For classes, click on “Fitness.”
5. Categories will then appear. If you are not sure what category the class is in, click “All.” That will show you our complete video catalogue.
6. Click on the class you want to view.
7. Enjoy your class!