



QUICK REFERENCE GUIDE

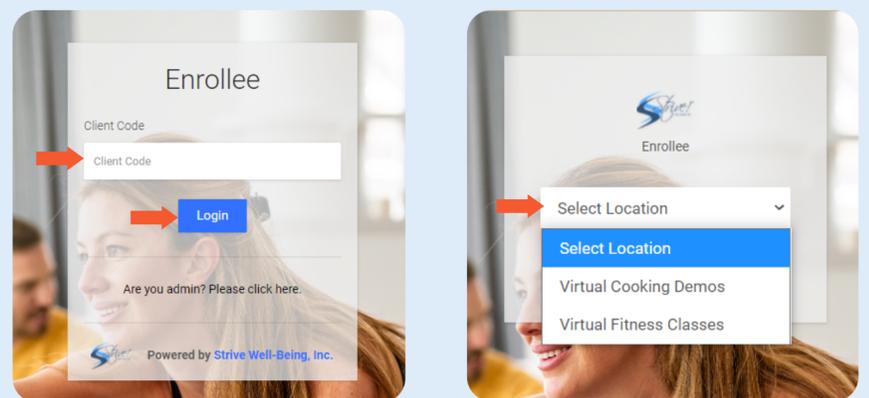
STEP 1: LOGIN TO OUR PORTAL

Go to Strive2bfit.com. Click the "Login" button at the top right hand corner of the screen. You will be directed to our "Online/Virtual Classes and Events" portal. Click "Login Now".



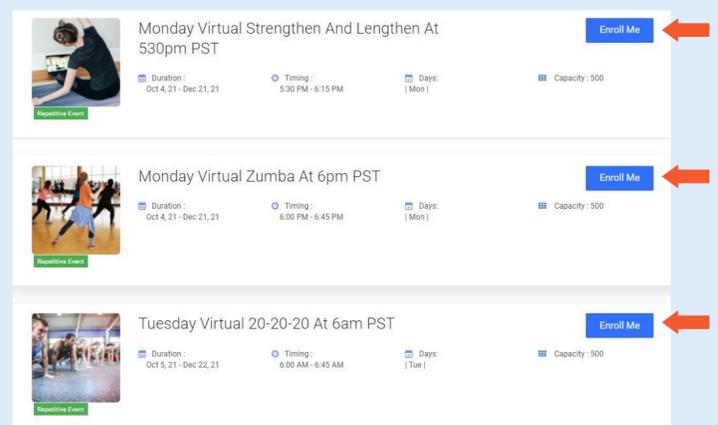
STEP 2: CHOOSE YOUR LOCATION

Enter your company client code: COLA777. Click "Login". Choose from our "Virtual Cooking Demos" or "Virtual Fitness Classes" options. Click "Next".



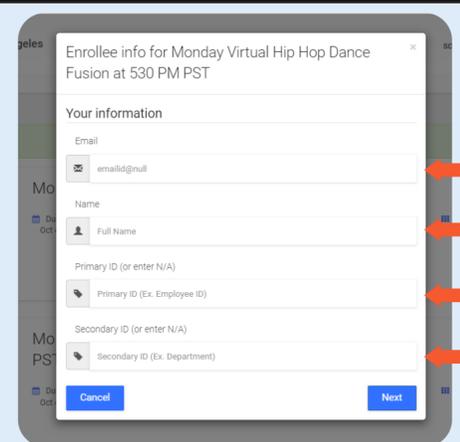
STEP 3: REGISTER FOR CLASSES OR COOKING DEMOS

Choose any of our "Repetitive" or "1 Day" events and click "Enroll Me". When enrolling for recurring classes, you are enrolled for the entire class series. The "1 Day Event" cooking demo classes will have the singular date and time mentioned on the class list. **You will be disenrolled if you miss three classes in a row.**



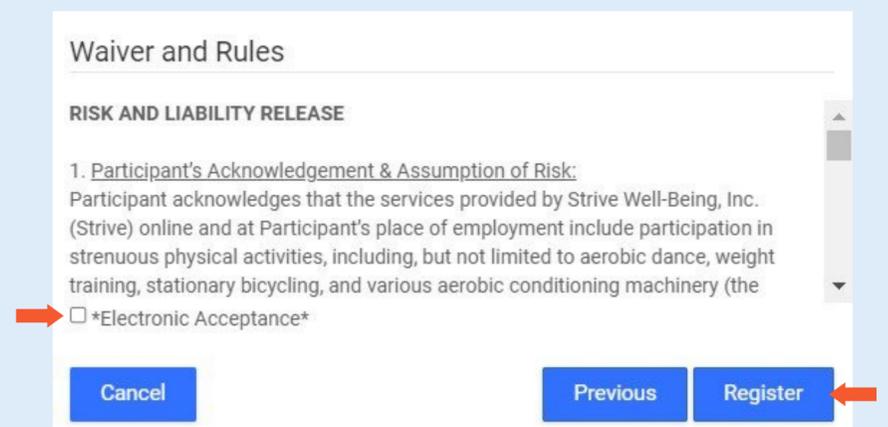
STEP 4: INPUT YOUR INFORMATION

To register for a recurring fitness class or one time cooking demo, enter the following information: County of LA email, full name, county department name, and employee number (include letter "E" or "C"). Click "Next".



STEP 5: SIGN THE LIABILITY WAIVER

Review the "Risk and Liability Release" Form entirely. Once complete, click the "Electronic Acceptance" box below. Click "Register". You are now registered for the recurring class or cooking demo!



STEP 6: SAVE THE DATE ON YOUR CALENDAR

Once you register, you will receive a confirmation email with the AnyMeeting meeting details, and the attached .ics file/calendar invite will also have the AnyMeeting meeting details.

