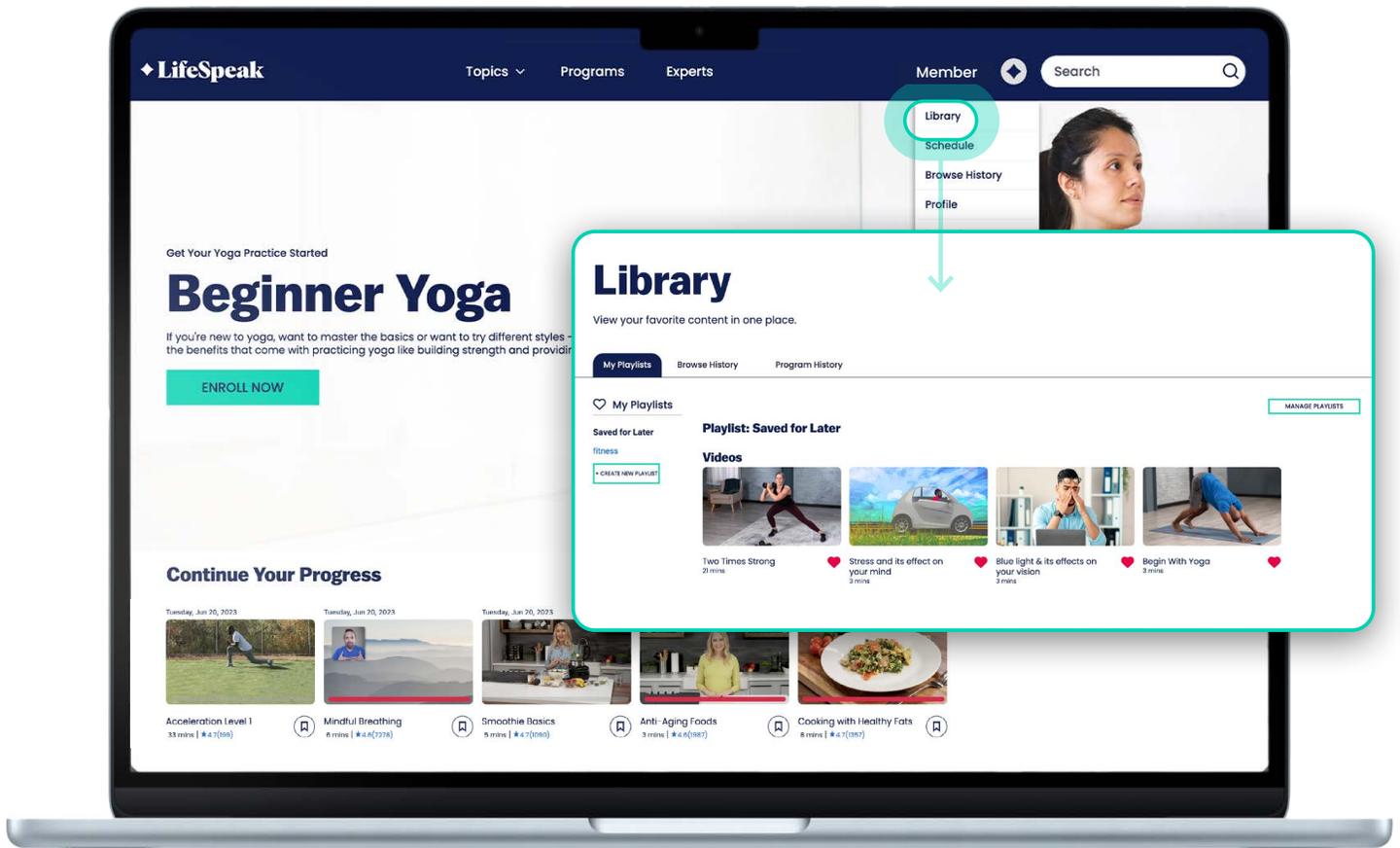


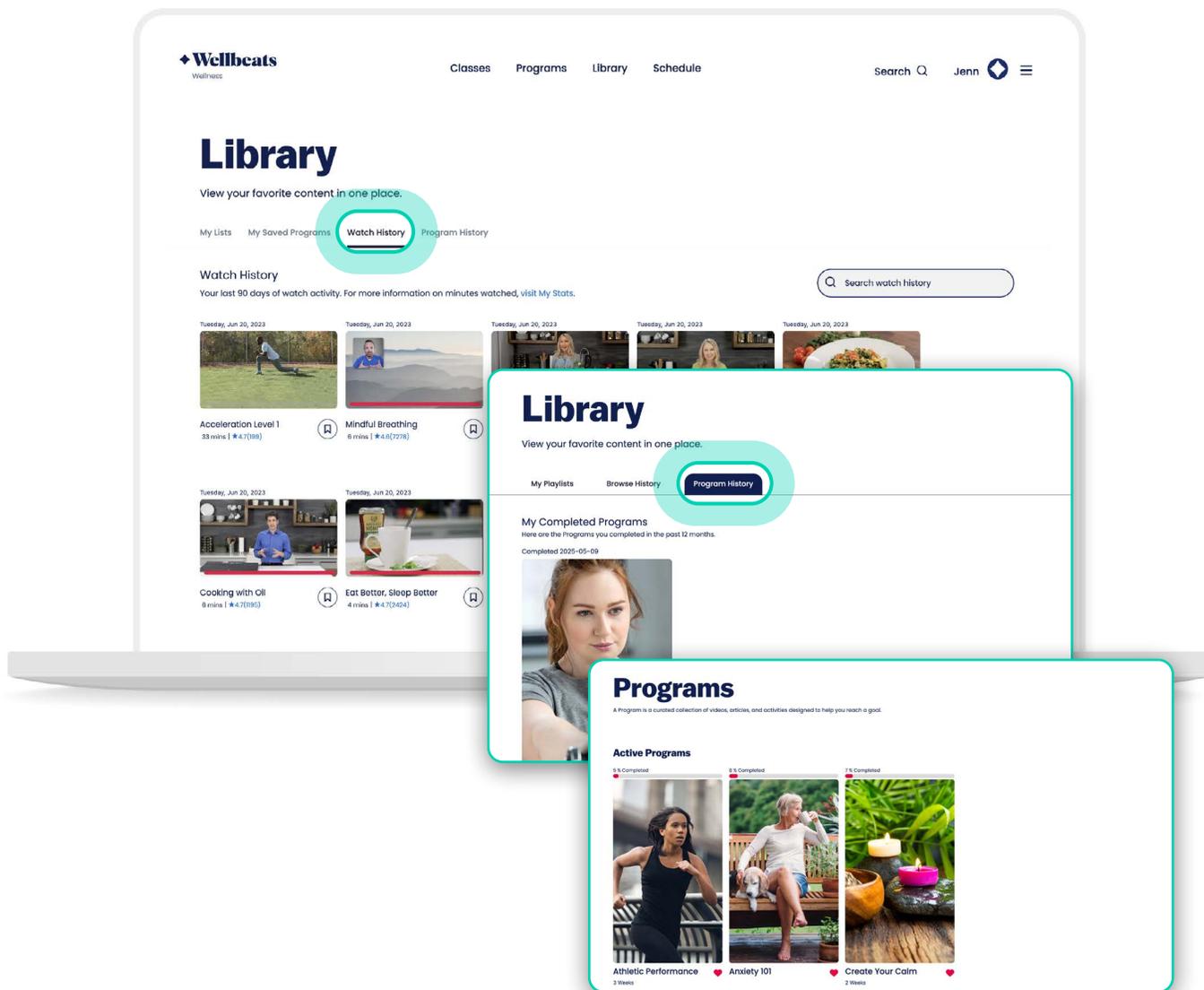
View All Your Favorites in One Place: LifeSpeak Library

Find saved classes and programs, create custom lists, and view your class and program history.

Select Library to view all your saved classes and programs. In your LifeSpeak *Holistic Wellness* library, you can create lists to organize and sort the classes you enjoy (example: “Cardio No Equipment List,” “My Favorite Yoga List,” or “Lunchtime Stretch Breaks”).



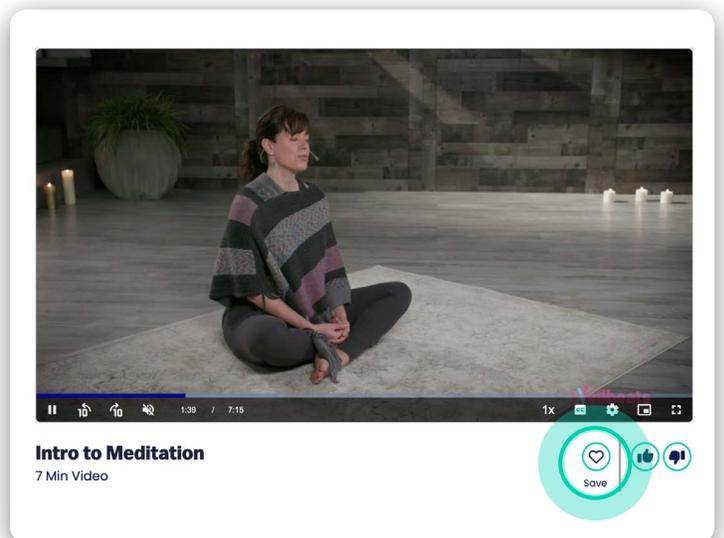
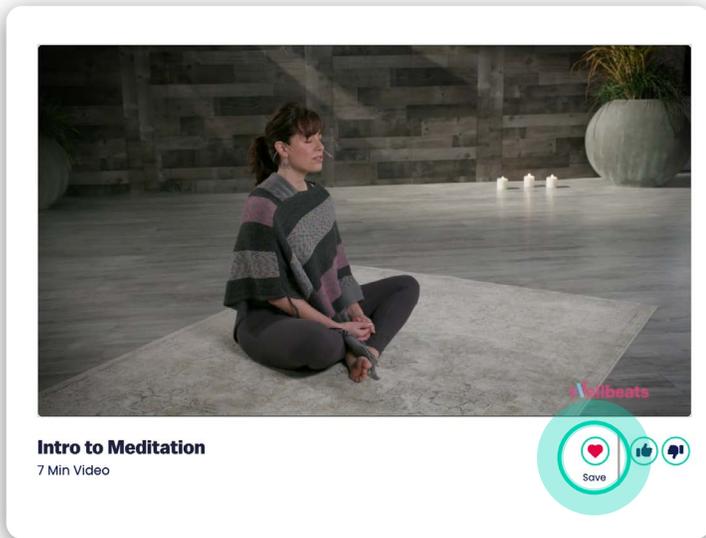
Want to check back on a recent class or program you enjoyed? Under Library, select Watch History to view a full list of classes played in the last 90 days or Program History to view your completed or active programs.



HOW TO SAVE A CLASS OR PROGRAM:

Select the Bookmark icon on the lower right corner of a class or program tile.

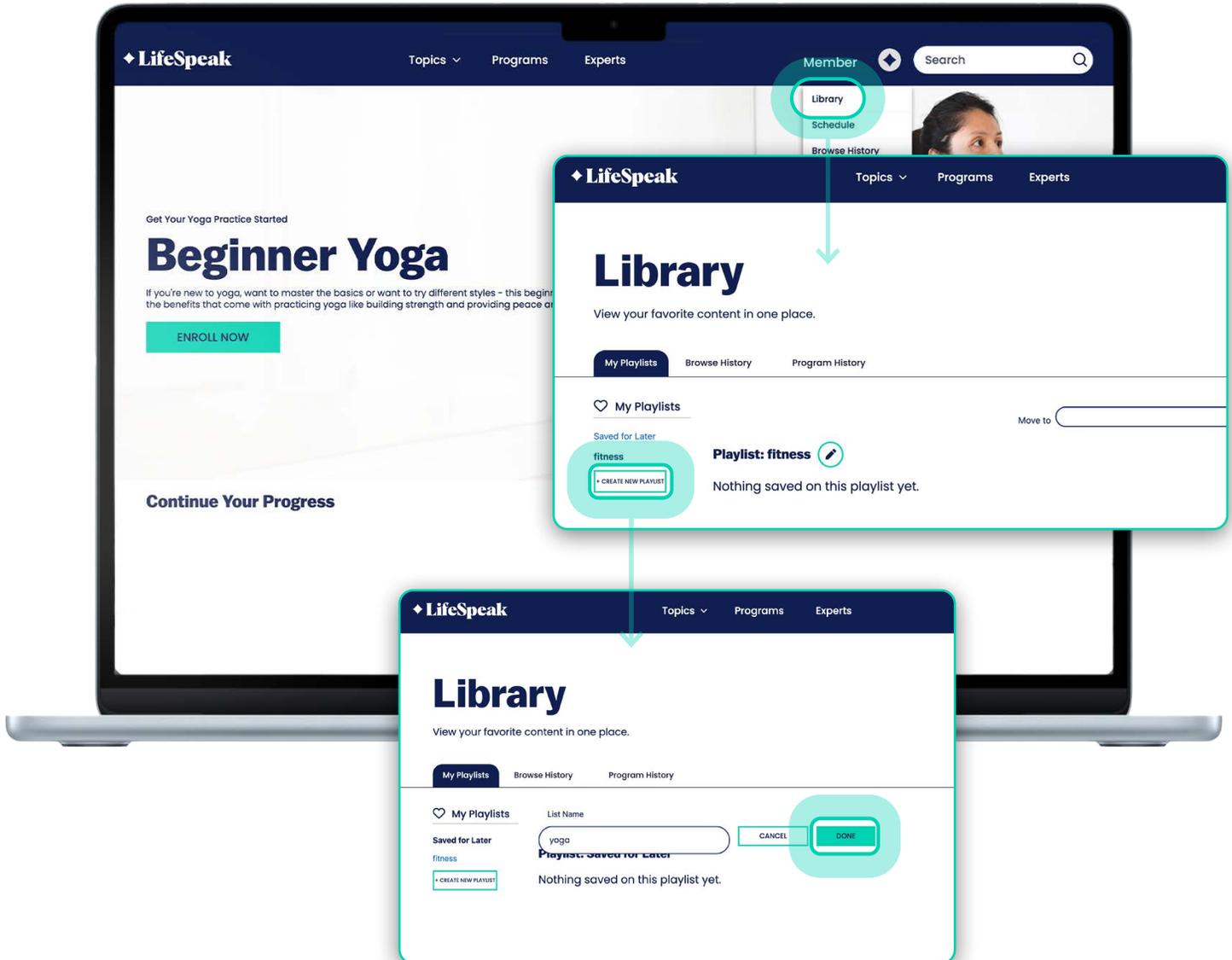
To remove a saved class or program, select the Bookmark icon again. The Bookmark icon will no longer appear filled in.



HOW TO CREATE A CLASS LIST:

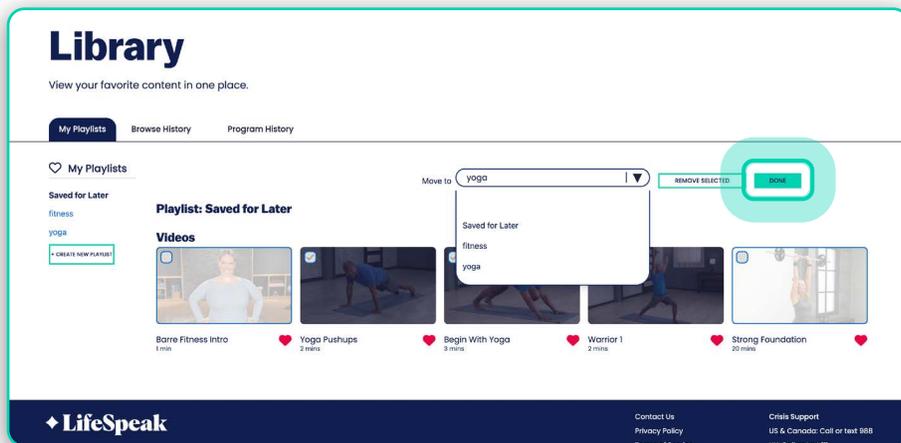
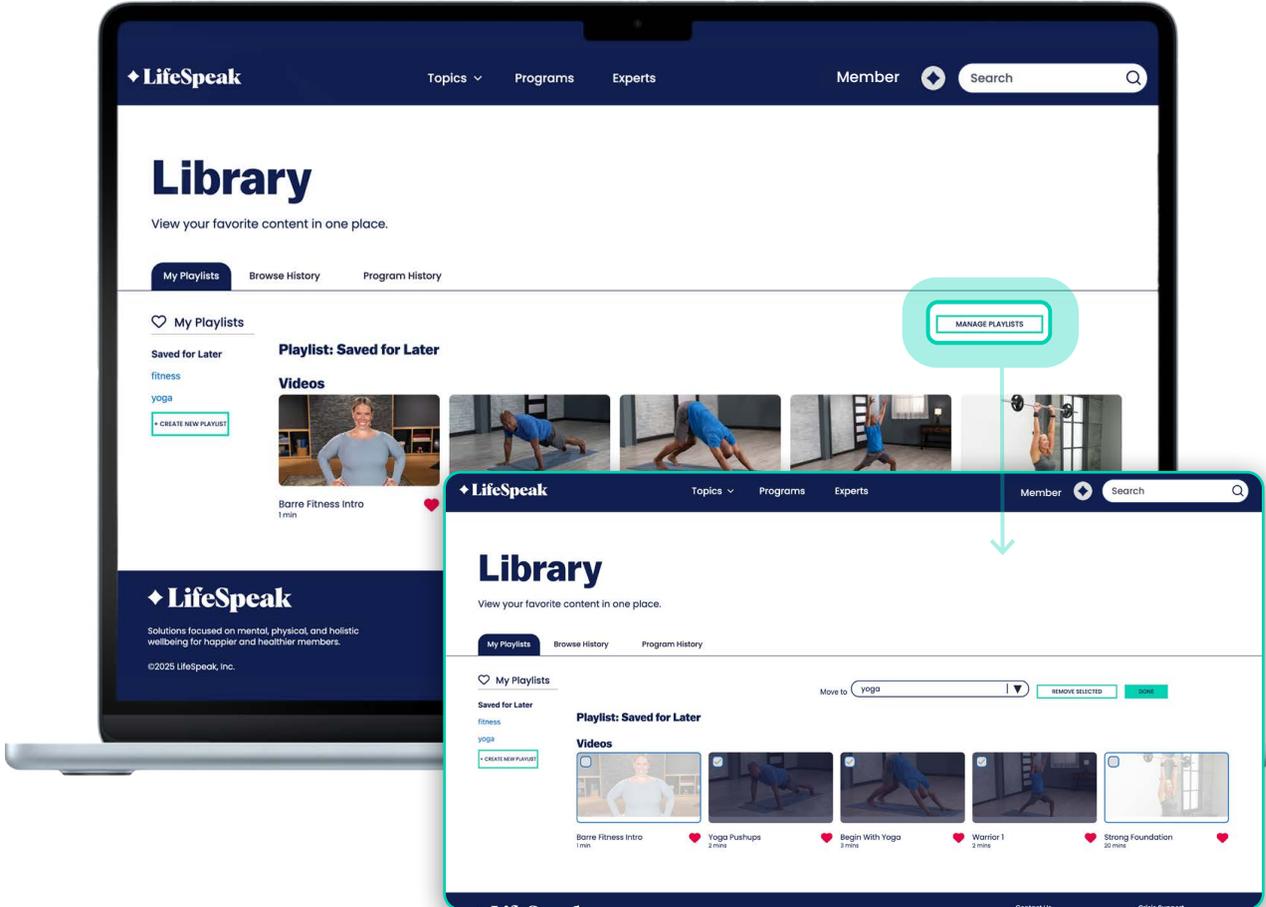
Select Library, then select Create New List.

Enter your preferred list name, then select Done.

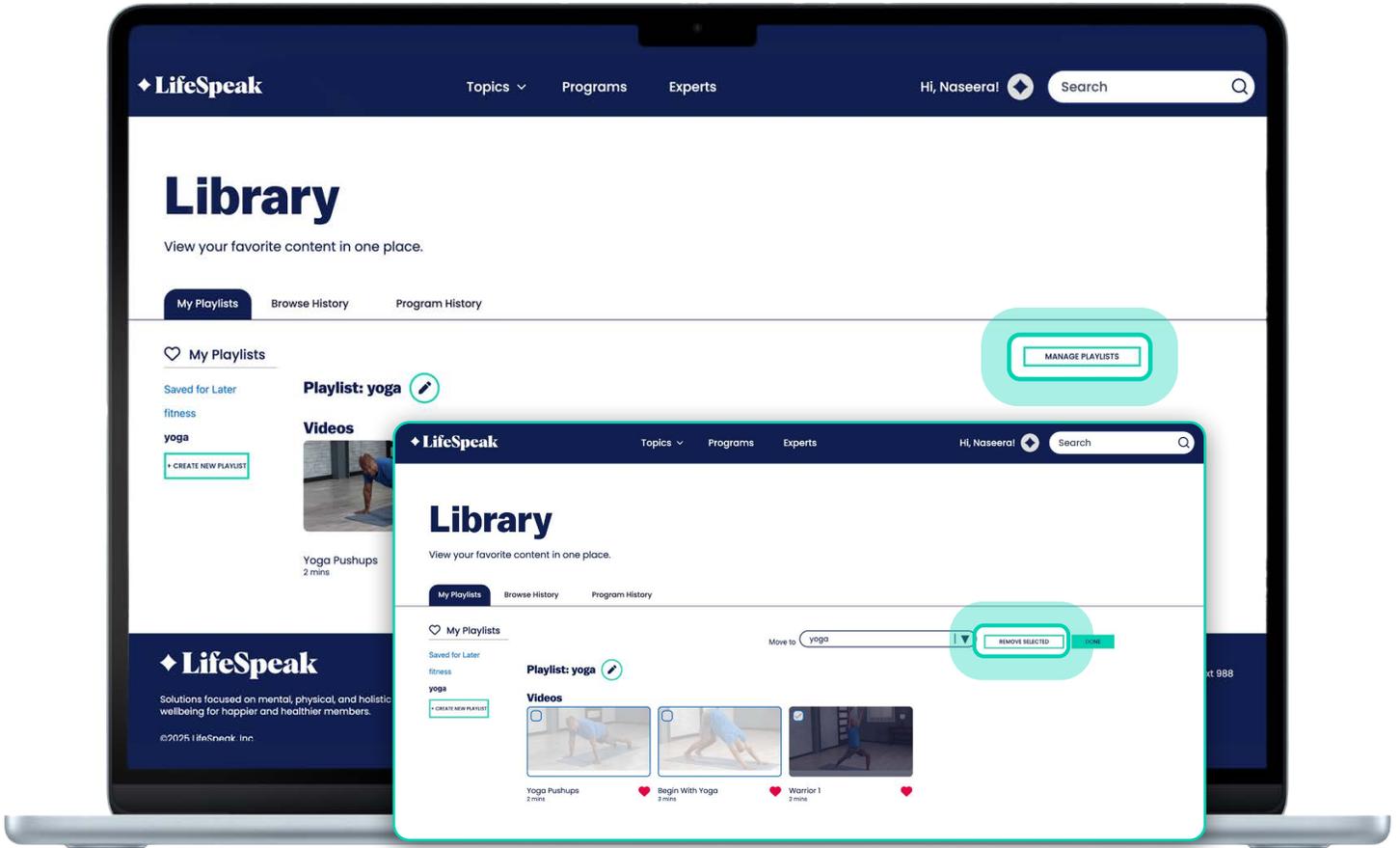


Once your custom list is created, you can move any saved class to the list:

Go to Select, then select the saved class(es) you would like to move to a list. Under the Move to dropdown menu, select the list you would like to move the class(es) to, then select Done.



To remove a class from a list, go to Select, choose the class you would like removed, then select Remove Selected.



To delete a list, select the ... next to the list name, then select Delete List.

