

How to join the Member's Only Virtual Workout Library

1. Go to the **BAC for Women FB page** and select **Groups** (Black arrow)
2. You will then see **BAC for Women Virtual Workout Library** (pink arrow)
3. Click on **“Join Group”**
4. Answer the **“Member Verifications Questions”** to confirm you are an active BAC for Women member (email and phone number).
5. That's it! Once the administrator verifies you're a current member, you're accepted to the group.

