

Live Virtual Group Fitness Classes

Participant Instructions

Using Zoom Meetings

Before your live class:

1. You will need a computer, tablet, or smartphone with a speaker or headphones. You will have the opportunity to check your audio immediately upon joining a Zoom meeting. *Note that you do not need a Zoom account to register or participate in Zoom meetings.*
2. After registering for the class via the Zoom registration link provided, you will receive a confirmation email that will include a link to the live class. Click on this link to at the start of your class to join.

Joining your live class:

1. At the start of your meeting, click on the link in your confirmation email to join from your preferred device. You may be instructed to download the free Zoom application. You can also participate in your web browser by following the provided instructions. *Note that we do recommend downloading the free Zoom Meetings app for the strongest connection and best viewing experience.*
2. You have the opportunity to test your audio at this point by clicking on the "Test Audio" button. Once you are satisfied with how your audio works, click on "Join Audio" to proceed with entering the meeting.

Controlling your experience in your live class:

1. Using the icons in the lower left corner of the Zoom screen, you can:
 - Mute/Unmute your microphone (far left)
 - Turn on/off your camera ("Start/Stop Video")
 - Change your virtual screen name that is seen in the participant list and video window
 - Change your screen view from "Gallery" to "Speaker View" (hover over your video feed to view this option in the upper right corner. *Note that the mobile app does not provide the full "gallery" view option).*
2. **Muting Participants:** Once your class has begun, your instructor will mute all participants to allow for the best audio experience for all. Please remain muted for the duration of your class. Your instructor will provide time for questions and feedback at the end of class.
3. **Video Feed:** You are welcome to keep your camera on or off during class. By leaving your camera on, our instructors may be able to better interact and provide feedback. If you would prefer to turn off your camera, use the camera on/off button noted above.