Please follow below BEFORE joining a ZOOM workout:

1. **Download the free ZOOM app** if you have not done so yet. You can load it on any mobile device or laptop. Go to https://zoom.us. (You may be required to set up an account with your email and a password.)
2. **About 10 minutes before class begins,** click on the link for the class from the email THAT WILL BE SENT ONCE YOU HAVE REGISTERED OR copy the link into a browser.
3. **Enter the Meeting ID #** when prompted.
4. **Enter the password #** when prompted.
5. **Enable "Call using Internet Audio"** if prompted.
6. **On the ZOOM home page** enable the Camera ("Stop/Start Video") and Audio ("Mute On/Off") to the ON settings. You should see and hear everyone!

Other Tips for Virtual Classes!

1. Be sure to have a safe area to workout. Find your space and clear it of any loose rugs, objects, small tables, etc.
2. Prepare just like a regular class. Workout clothes, water, music if you want and any equipment you might have available. (Note: we will have options for things always if you don't have weights/tubing, etc.)