Joining an Online Zoom Class

Essential technical items that you need for an online class:
- Device to log in to Zoom – Computer, Ipad etc.
- Camera on the device you are using
- Audio available – either wireless headphones, or speakers connected to your device.

Checklist

When joining an online class, we recommend that you run through the following checklist:

✓ Do you have a quiet space, free of distractions for the duration of your class?

✓ Do you have a mat (& any optional equipment) ready and close by for access during the class?

✓ Is your workout space clear and free from anything that you might hit with your arms or feet?

Key Point to remember

- Typically, your Instructor will arrive approximately 15 mins before the class to set up the technical equipment and get the online class prepared.

- Please check your own personal and technical equipment before logging into the session.

- To allow time for your Instructor to set up for the class, please only enter the session between 5-10 mins before the session starts. *Please don't log in earlier than this to give the Instructor time to prepare.*

- Just like the studio classes, online classes will start exactly on time, so please avoid join the class later than the start time.
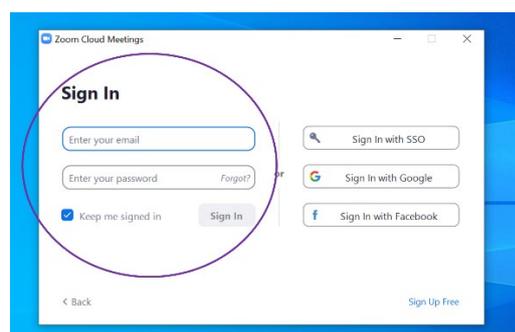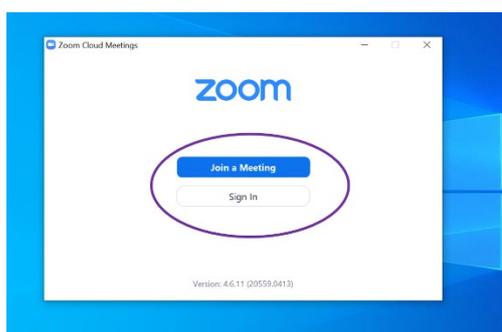
Joining a Class from your Zoom App

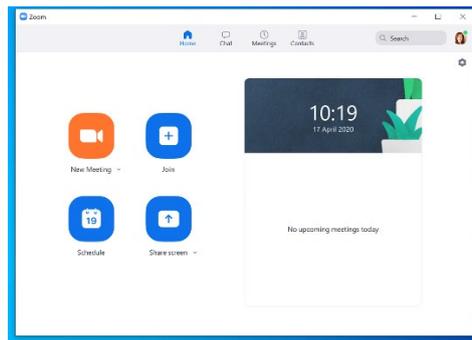1. Select your Zoom app from your Toolbar

2. Sign in to your personal Zoom account.
   If you do not have one, please sign up for your free account before continuing with these instructions.
   *Please refer to our easy guide for more support*

3. Your Zoom main menu will appear.

4. To join your Classic Pilates class, you will need the Zoom information that you will receive from your Instructor by email on the day of the class (4 hours before): Meeting ID number & Password to enter the class.

5. At the Main menu, select Join and then enter the Meeting ID number and your **full name**. When all your information is entered, select your setting preferences and then then Join button will be available.
   It is important that you use your full name so we can ensure you are a member of Classic Pilates. If we cannot verify your full name, you may be removed from the session.
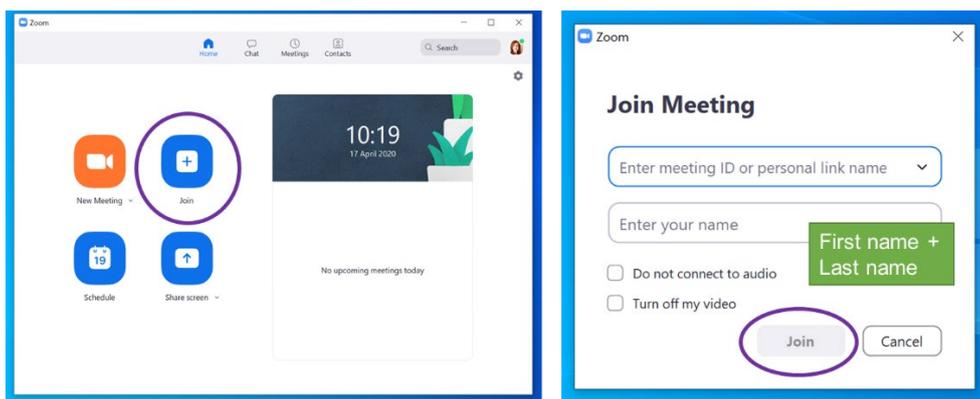
6. When you are ready to join the class, select Join and you will be asked to enter the password for the class.
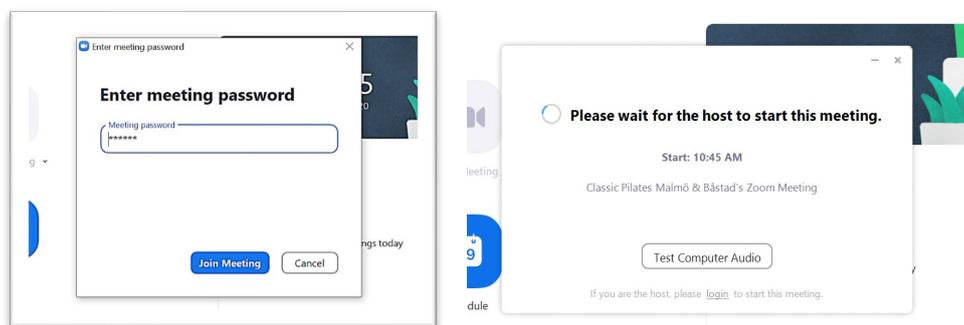
7. If you arrive before the Instructor, you will receive a message to wait until the 'Host' arrives. Kindly wait with your microphone muted and your camera on so that your Instructor can see you when they arrive and start the Zoom session.

Your Zoom session will start as soon as your Instructor arrives and your class will begin at the scheduled time.