



ZOOM TIPS & ETIQUETTE FOR LIVE VIRTUAL CLASSES

HERE IS OUR LIST OF SOME OF OUR TIPS AND TRICKS, ALONG WITH SOME BASIC ZOOM ETIQUETTE SUGGESTIONS TO ENSURE EVERYONE HAS A GREAT EXPERIENCE ONLINE.

If your background is noisy with kids, pets or other noises please keep yourself on mute

Always silence your phone

Sign into class 5 to 10 minutes early to make sure all technical issues are resolved (especially during these first attempts using Zoom)

Set up your workout space so the Instructor can see your whole body. If you choose to black out your screen for privacy, please upload your photo so we can see your beautiful smile!

MAKE SURE YOU PIN VIEW YOUR INSTRUCTORS SCREEN SO SHE IS THE ONLY SCREEN YOU CAN SEE FOR VIEWING.

(Select instructor screen, click on 3 dots in top right corner, click Pin View)

The easiest way to log in to our zoom class is to login from the "welcome email" that is sent 20 minutes before class the "Join Zoom Meeting" Link

ENJOY YOUR CLASS!