

ON-LINE FITNESS CLASSES

Zoom is the platform we will be using to deliver on-line fitness classes for our members. These classes will be available by computer, tablet, or phone. Prior to joining a class:

- Visit <https://zoom.us/j/6977954879> to get Zoom or join
- Meeting ID: 697 795 4879

For more assistance step by step instructions are listed below.

Signing Up and activating your Zoom account

If you are invited to join a fitness class you will receive an email from Zoom (no-reply@zoom.us)
Once you receive this email, click “Activate Your Zoom Account”

Activate your Zoom account from a mobile device

If you are joining from a mobile device (Android, Apple) then it will simply prompt you to download the “Zoom Cloud Meetings” app from the App/Play Store.

Activate your account from a computer

When you click on “Activate Your Zoom Account” from a computer, you will be prompted to download an application file. The process is easy to complete on all commonly used browsers.

The download will need approx. 48.4 mb of space to install. If space is not available a computer message will state: “Failed to install, free up space and try again”

Google Chrome should automatically download the file. A Zoom box will point to the file that you will double click to open. After a short pause a progress bar will appear indicating the installation. If an “Application Launcher” or “External Protocol Request” box appears, click the “Remember my choice’ box and click “OK.”

If you are unable to install the file, you can try a different browser, such as Firefox, Safari etc. If other browsers do not work, try to install on a different device, such as a computer pad, or phone.

Join a class with phone or computer

Once the Zoom account is activated there are many ways to join a class, the easiest is to click the join link, that was sent by email, from the fitness instructor. The email will include class details including date and time.

Step by step instructions for joining a class

1. Click on e-mail link: **"Join Zoom Meeting"**
2. **Enter your name**
3. Click **"Continue"**
4. Zoom would like to access the camera, click **"OK"**
5. Click **"join without video bar"** (that will take your picture off the screen)
6. Zoom would like to access the microphone, click **"OK"**
7. Zoom would like to send you notifications, click **"Allow"**
8. To hear others please join audio, click **"call using internet audio"**
9. You are now joining the class
10. You can mute/unmute your voice and background noise, on bottom left side

OTHER RESOURCES

For a quick orientation to Zoom a You Tube video is available for new users. It can be found at:
<https://www.youtube.com/watch?v=JiMAStIfIXI>

For troubleshooting, please contact Mark Montgomery at
mmontgomery@lakebluffparkdistrict.org