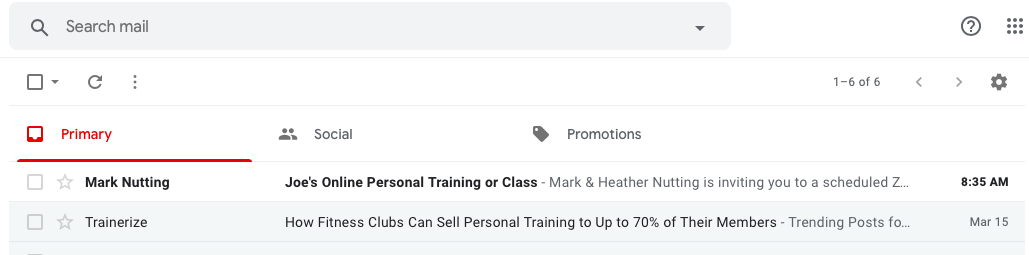
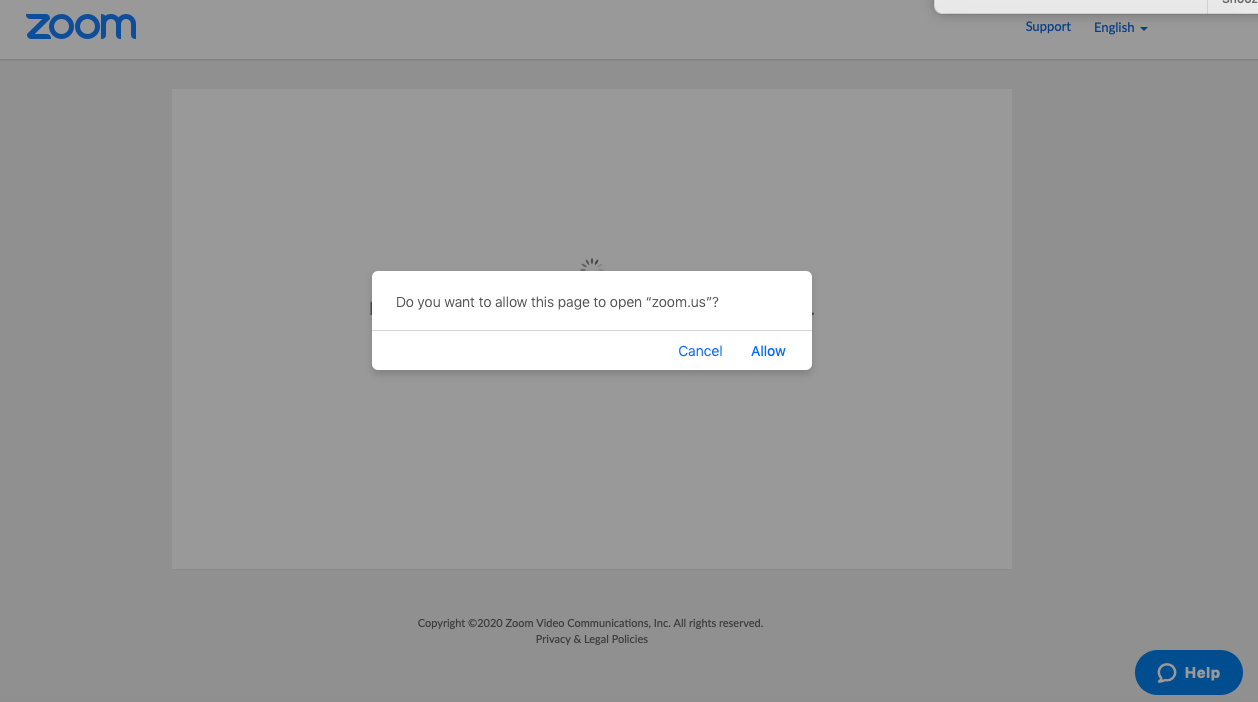
***Guidelines on how to connect to a Zoom personal training session or class***

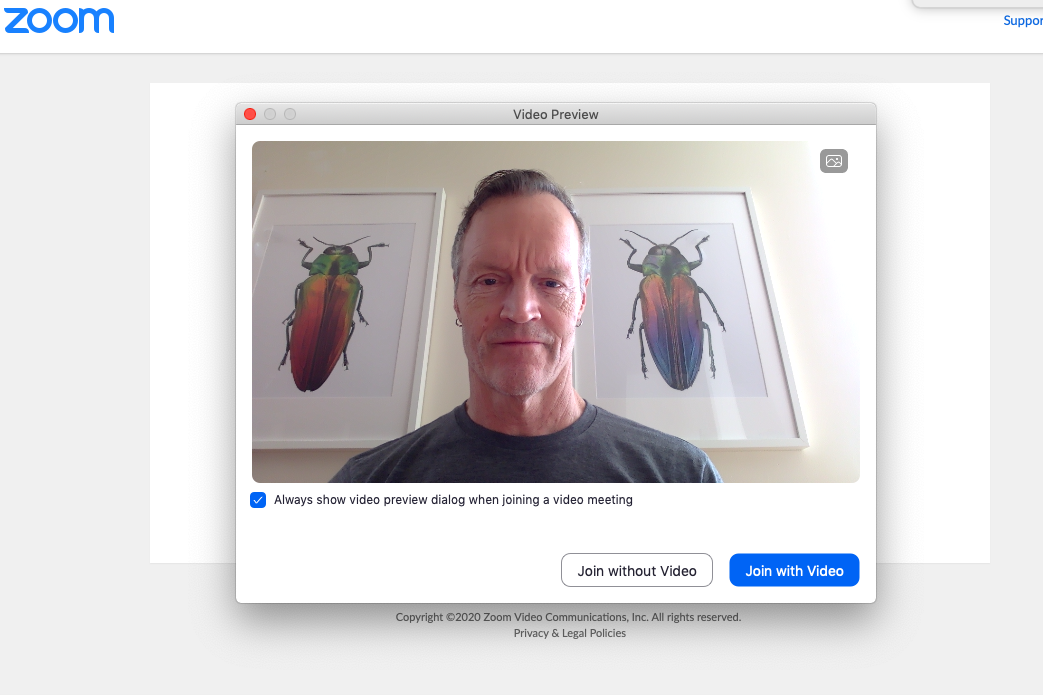
***Open the email***



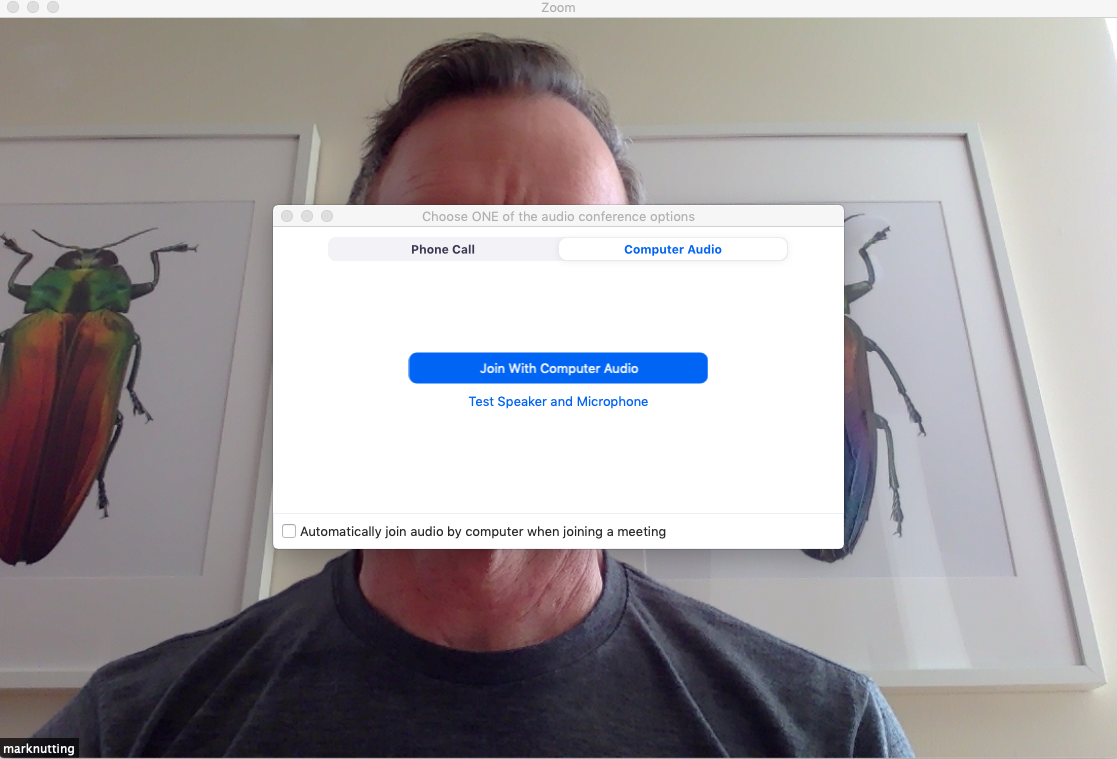
Don’t click “Join Zoom Meeting” until appropriate time. So, just save the email until then. Then, a few minutes before that time, open the email again and click the “Join…” link. *WAIT!...* no need to download.



Click Allow! →



Click Join with Video! **→**



Click Join with Audio!

**→**



*AND YOU SHOULD BE ALL SET TO GO!*

*NOTE\* IF YOU ARE TAKING A LIVE STREAMING CLASS, THE INSTRUCTOR WILL MUTE ALL ATTENDEES UNTIL AFTER THE CLASS*

*(sounds from others cuts out the instructor’s voice and music)*