

HERE'S A STEP-BY-STEP GUIDE TO HELP YOU SIGN ON TO AF24-7 VIRTUAL CLASSES

STEP ONE – Set Up Your FREE Zoom Account

NOTE: Skip this step if you already have zoom on your device

- Install Zoom on your computer by visiting Zoom.us
- To install Zoom on a phone or tablet visit the app store to download Zoom

STEP TWO – Register To Use Our New Website

- Go to americanfitnessmi.online
- Register with your name, a valid email address and establish a secure password

NOTE: You only have to register once. Note your user name/password for future access.

STEP THREE – Select Your Classes

- Click the CLASS SCHEDULE TAB to register for live classes
- Select each class you want to attend

NOTE: The classes you select will automatically appear in YOUR PROFILE.

TROUBLE-SHOOTING TIP: *If you don't see classes in YOUR PROFILE, this means you either have to log in with your user name and password, or your registration was unsuccessful. You must have an active membership to have access to our online classes.*

Didn't receive an email? *First, make sure you registered successfully. Second, make sure you provided the correct name, address and password. Third, check your spam/junk mail folder. Add groupx@americanfitnessmi.online into your contact list to make sure you receive our emails. (Remember, email is not the only way to sign in for classes.*

TWO WAYS TO JOIN A CLASS:

NOTE: Please sign in at least ten minutes before class is scheduled to begin to ensure your internet connection is stable. When class begins you will be muted so background noise is eliminated. You may keep your video on or turn it off.

You may join a class from YOUR PROFILE after you're registered and/or logged in. Select the class you want to join. Click the three dots and then click on Join Zoom Meeting.

DATE / TIME:	EVENT:	LOCATION:	STATUS:	PRICE:	
June 2, 2020 9:00 am	Mat Fusion	American Fitness 24/7	Appr...	\$0.00	...
June 2, 2020 10:00 am	Pound Rockout Workout	American Fitness 24/7	Appr...	\$	<div style="border: 1px solid #ccc; padding: 5px; width: fit-content;">Join Zoom Meeting Cancel</div>

You may also join a class directly from the link in your class confirmation email.

Questions about our website?

Please do not call the front desk staff with questions about our website. For the fastest way to get a resolution is to email us directly at groupx@americanfitnessmi.online for assistance.

ZOOM TROUBLESHOOTING:

First, check that your version of Zoom is up-to-date. Second, make sure your video icon is clicked to "on" and the sound is turned up on your computer. If you're still experiencing issues with Zoom, visit the Zoom Help Center: <https://support.zoom.us>