

VIRTUAL CLASS INSTRUCTIONS

IMPORTANT: You will need a smart phone, tablet, or computer (with access to the internet) to attend online classes. Zoom must be downloaded to the device you intend to use. If you already have Zoom downloaded, go directly to step 2. **Our virtual classes are for members only.**

STEP 1.

Go to **ZOOM.US** and download the software (or app) and set up your free account. Make a note of your user name and password.

STEP 2.

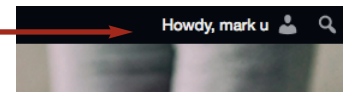
Go to our website **Americanfitnessmi.online** and register as a member. *You must be a member to participate. Membership will be verified. If you've already registered, make sure you are logged in to view classes*



STEP 3.

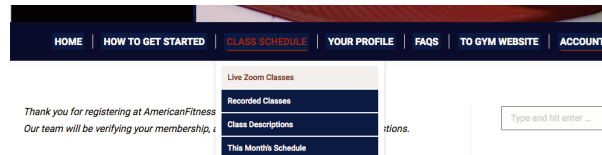
Go to **ACCOUNT LOGIN** and put in your user name and password.

You'll know if you're logged in if you see "Howdy" and your name on the top right corner.



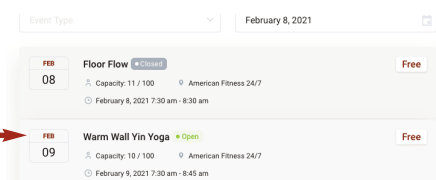
STEP 4.

Go **CLASS SCHEDULE** and click to see the drop-down menu.



STEP 5.

Click **LIVE ZOOM CLASSES**. Choose the class(s) you want to attend. Follow online instructions.



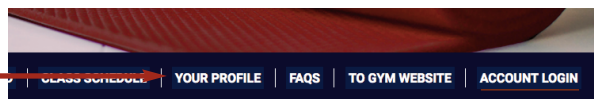
Follow online instructions.

(Your info will automatically show up in these fields)

Click "Confirm" to book class

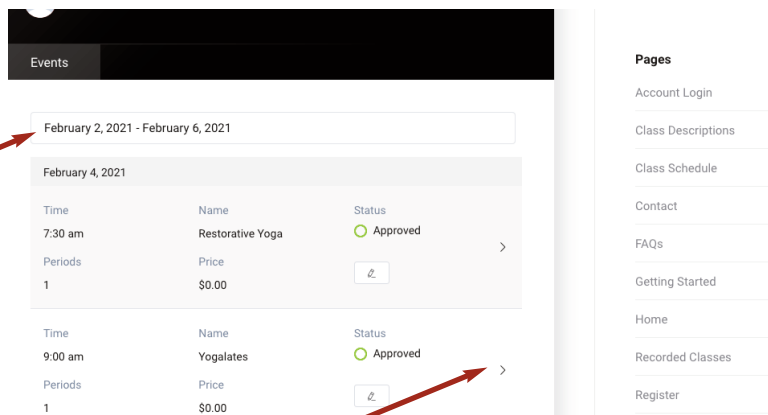
STEP 6.

Now click **OUR PROFILE** in the black bar



Window opens and you'll see the classes (aka "events") you've booked.

If you don't see your classes, make sure the correct date on the calendar showing.)

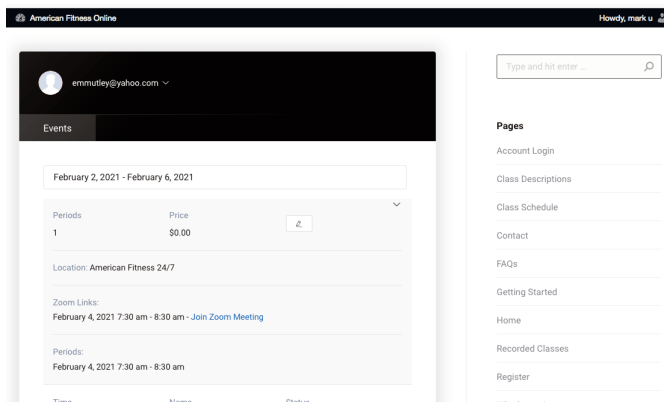


STEP 7.

Select the class you want to join and click on the arrow all the way to the right and the field will expand.

You will see a "Join Zoom Meeting" link.

DO NOT CLICK LINK until you're ready to join the class, approximately 15 minutes before the class time.



STEP 8.

Click the ZOOM LINK when you're ready to join the class (Please sign in approximately 15 minutes before the class starts).

IMPORTANT: You will not be able to join after the class has started.

The Zoom link will open automatically, and bring you to the class directly as long as you have Zoom installed on the device you're using.

Click join with Computer Audio.

NOTE: Zoom might place you in a temporary virtual waiting room until the instructor/host is ready to start the class. Make sure you have your sound turned on and volume set to your desired level. Please leave your mic in the off setting. You are not required to turn your camera (or mic) on.