



# How to Join a Live Workout Class with Zoom

To use Zoom, you will need a stable internet connection and a device to comfortably stream your session from. Don't worry, Zoom is completely free to use!

## How to join a Zoom class from a computer

If you are using a laptop or desktop computer you can **download Zoom from [zoom.us/download](https://zoom.us/download)**. Once downloaded, you will be prompted to create an account. Make sure you allow Zoom to have access to your computer's microphone and camera.

Once you've got Zoom installed, there are 2 ways you can join a live workout stream.

1. Prior to your class, your trainer will send you a link to join the session. **Click the link and it will take you directly to the live workout class.** If it's your first time using Zoom, you may be asked to add your name and accept the 'Terms of Service' and 'Privacy Policy' before being redirected.
2. **For added security, your trainer might send you a 'Meeting ID' and password.** To access Zoom this way, simply login to Zoom and click 'Join'. From here you will be prompted to enter the 'Meeting ID' followed by the password. Once entered you will be redirected to your live workout class.

### Top Tips

- Use **'Speaker View'** to get the best view of your trainer.
- **Unmute your microphone before and after the class** if you want to chat with the trainer or fellow participants but make sure to **mute your microphone during the class** to avoid disrupting the rest of the class
- Use the **chatbox** if you have any questions during the class
- **'Cast' or 'mirror' your screen** onto a larger screen or use an HDMI cable to connect your device to a tv for a better experience.
- Make sure your device's **sound is switched on** so you can easily follow instructions from your trainer.



## How to join a Zoom class from a mobile or tablet

If you are using a mobile device or tablet you will need to **download the Zoom app from Google Play or the App Store**. Make sure you allow Zoom to have access to your device's microphone and camera.

Once you've got the Zoom app installed, there are 2 ways you can join a live workout stream.

1. Prior to your class, your trainer will send you a link to join the session. **Click the link from your mobile device** and it will ask you if you want to open the link via your web browser or your Zoom app. **Click 'Zoom' and you will be directed to your live workout class.** If it's your first time using Zoom, you may be asked to add your name and accept the 'Terms of Service' and 'Privacy Policy' before being redirected.
2. **For added security, your trainer might send you a 'Meeting ID' and password.** To access Zoom this way, simply login to the Zoom app and click 'Join'. From here you will be prompted to enter the 'Meeting ID' followed by the password. Once entered you will be redirected to your live workout class.

**Please note:** When you join a meeting, you will have to wait for your trainer to start the stream and let you in. This usually happens a couple of minutes before class is due to start.