

Zoom works best when you use it on your computer or laptop. You can also use Zoom on your iPhone or iPad by downloading the Zoom app.

How do I download the Zoom app on my iPhone or iPad?

1. Click on your App logo on your screen.

zoom

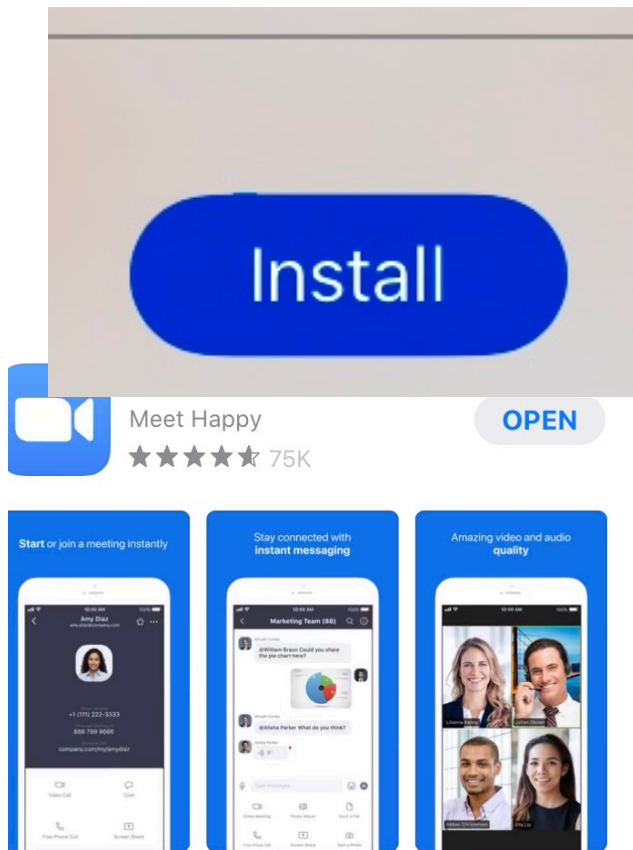
TECH DIRECTIONS for Not-So-Techy Folks

2. Type in the search bar for "Zoom".



3. Zoom Cloud Meetings will appear as an option. Click on the OPEN button in the top right-hand corner.

4. Click INSTALL

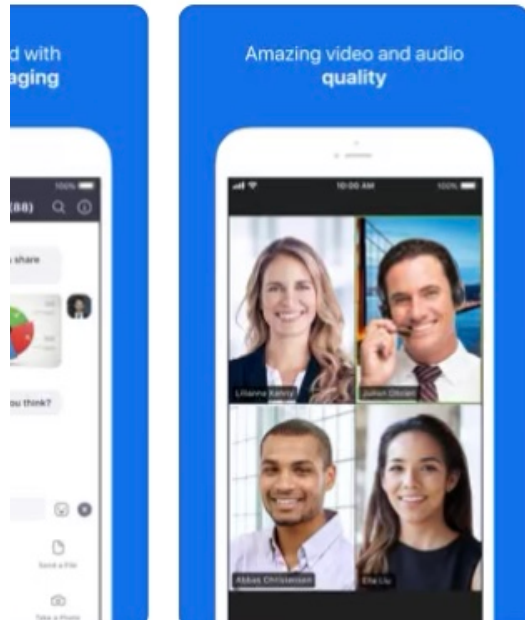


5. In the top right hand corner, you will see a box with a circle around it. The circle will slowly grow as the app installs.

6. Click OPEN and the Zoom app will appear on your main screen. SUCCESS!

7. Click on the Zoom app and set up an account. Congrats, darling! You did it!

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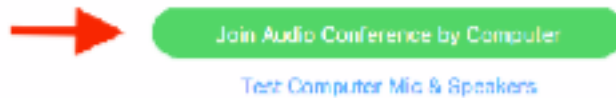
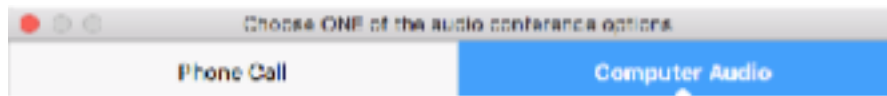


How do I use Zoom on my computer or laptop? Zoom will automatically open on your computer/laptop when you click the Zoom link in the email from me. If you wish, you can set up an account and also download Zoom on to your computer for ease of access, but this step isn't necessary for Zoom to work. To download Zoom on your computer, click this link: <https://zoom.us/download>.

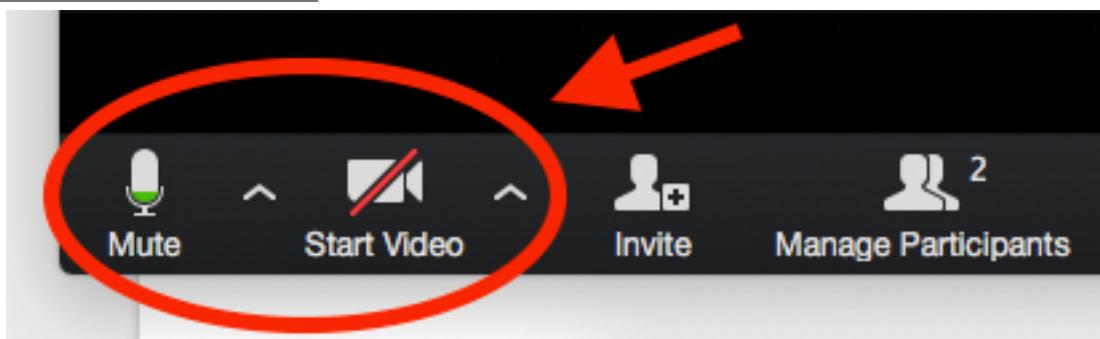
How do I join a Meeting?

1. Click on the Meeting link in your email.
2. Click the "Join" button and enter your Meeting ID (listed in your email).

3. When you first join a meeting, allow for audio. This will look different depending on what device you are using.



4. You can manage your video by turning your camera off/on. You can manage your audio (microphone) by muting/unmuting yourself. Just tap the screen to turn on/off.



COMMONLY ASKED QUESTIONS

How do I position my camera so that you can see me? This depends a lot on what kind of device you have. If you put the device too far away, you may not be able to see me. If you have the device too close to you, I may not be able to see you. Consider supplying yourself with a few books to prop your device on, or buy yourself a tripod (for iPhone/iPads) which allows you to easily adjust the device: <https://amzn.to/2xfEx09>.

What do I need in order to participate in virtual fitness classes?

A desktop, laptop, or mobile device and the Zoom app (please install before your first class).

- [Download Zoom for iOS](#)
- [Download Zoom for Android](#)
- [Download Zoom Desktop Client \(for Windows or Mac\)](#)

How do I join the class?

You will receive a meeting code prior to the start of class which includes a link to join the class. Once you click on the link, the meeting should automatically open as long as you have the Zoom app installed. Please also review instructions on how to join a meeting.

How do I mute/unmute myself?

Click the [Mute/Audio](#) button (microphone/speaker icon) on the toolbar. A red slash will appear over the icon indicating that your audio is now off. Unclick it to unmute yourself.

How do I turn off my video?

Click the [Stop Video/Video](#) button (video camera icon) on the toolbar. A red slash will appear over the icon indicating that your video is now off. Unclick it to turn video back on.

I only want to see the instructor, not the other participants. How do I do that?

In Zoom, you will see the video of whomever is currently speaking. If you only want to see a certain participant, you can use the [Pin Video](#) function to do this.