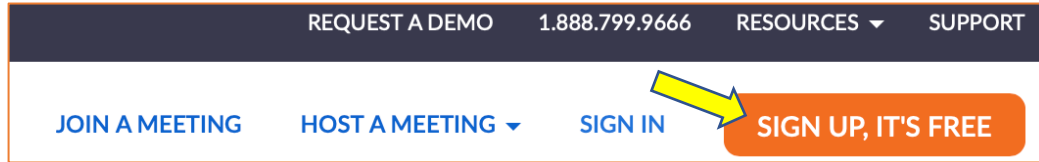


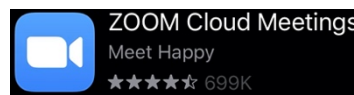
ZOOM TIPS

1) **Download Zoom** to the computer, tablet, or smart phone you will use.

- From a computer, go to <https://zoom.us> then click the orange button in the upper right hand corner labeled, “SIGN UP, IT’S FREE.” You should be prompted to Download the Zoom Client after you create an account. If not, you can find it at the bottom of the webpage under “Download” → “Meetings Client,” or from the “Resources” section in the upper right corner.



- For a tablet or smart phone, go to your regular app store and search for Zoom. The picture of a video camera in a blue square is what you are looking for. It should walk you through the set up.



2) **Join a Meeting!** There are several ways to join a meeting.

- Open **ZOOM** and click, “**Join a Meeting.**” → Enter the **Meeting ID** → Enter the **Meeting Password** → Choose to “**Join with Video**” or not. (*Joining with video is best, but if you are not comfortable, it’s ok.*)
The meeting Host will admit you. 😊

- Another option is to copy and paste the **Meeting Link** into your internet browser.

- **Now to the Audio.** Most people choose, “**Call using Internet Audio.**”

However, if your internet service is slow or spotty, you may decide to do “**Dial-in**” with your smart phone. Choose a phone number. (If you need local, chose the one with 253 area code.) You will hear the meeting through your phone and see the video on your computer or tablet this way. If the video freezes or drops for a moment, you will still be able to hear what is going on to follow.

***Note:** *The best audio experience with Zoom comes with wearing wireless headphones, if you have them. If you do not, you’ll still be able to hear through your device, no worries.*

3) **Ready to Work-out!** Choose how you want to view your screen. You can set it to “**Active Speaker,**” which will show whomever is speaking (or making noise) as the largest picture on your screen. Or you can choose “**Gallery View**” and see everyone the same size. To toggle between these two options, move your cursor to the upper right or left of your computer/tablet screen and they will appear.

***Note:** *Depending on the device you are using, you will be able to see more or less people. On a computer you can see up to 12 others at once, on tablets 9 at once, and phones, 4 (if you swipe to the left).*

Right before the meeting starts, everyone except the meeting host should mute their microphones. This creates the best sound and visual experience for all.

Zoom is a workspace tool we are adapting for Group Fitness workouts. It isn’t perfect and can be frustrating sometimes. Please don’t give up. Keep trying to find the best combination of tools to work for you.

Also, please email Sara Tips with any feedback or questions to help with the experience.

sara@whetstonefit.com