

## ZOOM PILATES CLASSES

*Classes are approximately 30mins long & are held on Tuesdays 8:30AM, Thursdays 4PM & Saturdays 8AM*

### HOW TO INSTALL ZOOM ON IPHONE OR IPAD

1. Go to the app Store (look for this icon)
2. Search Zoom Cloud Meetings
3. Press Get to Download Zoom Cloud Meetings  
*See steps 4 & onwards below*



### HOW TO INSTALL ZOOM ON ANDROID DEVICES

1. Go to google play
2. Search Zoom Cloud Meetings
3. Select Install  
*See steps 4 & onwards below*



### HOW TO DOWNLOAD ZOOM FOR YOUR LAPTOP

1. Click on the below link
  - a. [https://zoom.us/download#room\\_client](https://zoom.us/download#room_client)
2. Select download for the Zoom Client for Meetings
3. Select Allow on the Download  
*See steps 4 & onwards below*

### ONCE ZOOM IS DOWNLOADED

4. Open App
5. Select Sign Up
  - a. Enter Details and then Select Sign Up, press okay
  - b. Go to your emails and open the email from Zoom, press activate account
  - c. Create Password, and press continue
6. You will now be set up to use zoom when it is time for class

### HOW TO JOIN A LIVE PILATES CLASS

1. Open Zoom 5 minutes before schedule start of class
2. Select Join Meeting
3. Enter the following meeting ID and wait for the host start the meeting
  - a. Meeting ID: 627 004 6565

**ZOOM CLASS ETTIQUETTE:** *Please try & participate in the classes in a quiet space & don't be offended if you are asked to turn off your microphone. Unfortunately, we can't offer direct assistance however we are happy to answer any questions via email or phone after the class has finished.*