

Zoom Instructions for Participants (Computers or laptops)

Before a virtual fitness class:

1. You will need a computer, tablet, or smartphone with speaker or headphones. You will have the opportunity to check your audio immediately upon joining a meeting. See additional instructions to participate via tablet or smartphone (see below).
2. You will need the **9-digit Meeting ID**. To join all classes (see class list below)

To join the virtual fitness class:

1. At the start time of your meeting, **click on the virtual class link to join via computer (see list of classes and links below)**. You may be instructed to download the Zoom application.
2. You have an opportunity to test your audio at this point by clicking on “Test Computer Audio.” Once you are satisfied that your audio works, click on “Join audio by computer.”

You may also join a virtual fitness by going to join.zoom.us on any browser and entering the **9-digit Meeting ID** provided: (see list of classes with Meeting ID’s below)

If you are having trouble hearing or seeing the class instructor check to see that your sound is not muted, and your video is turned off.

Participant controls in the lower left corner of the Zoom screen:



Using the icons in the lower left corner of the Zoom screen, you can:

- Mute/Unmute your microphone (far left)
- Turn on/off camera (“Start/Stop Video”)

Somewhere on your Zoom screen you will also see a choice to toggle between “speaker” and “gallery” view. “Speaker view” shows the active speaker. “Gallery view” tiles show all the meeting participants.

Zoom Instructions for Participants using a tablet or smartphone

[iOS](#) (Apple Phones or iPads)

1. Open the Zoom mobile app. If you have not downloaded the Zoom mobile app yet, you can download it from the App Store.
2. Join a meeting using one of these methods:
 - Tap **Join a Meeting** if you want to join without signing in.
 - Sign in to Zoom then tap **Join**.



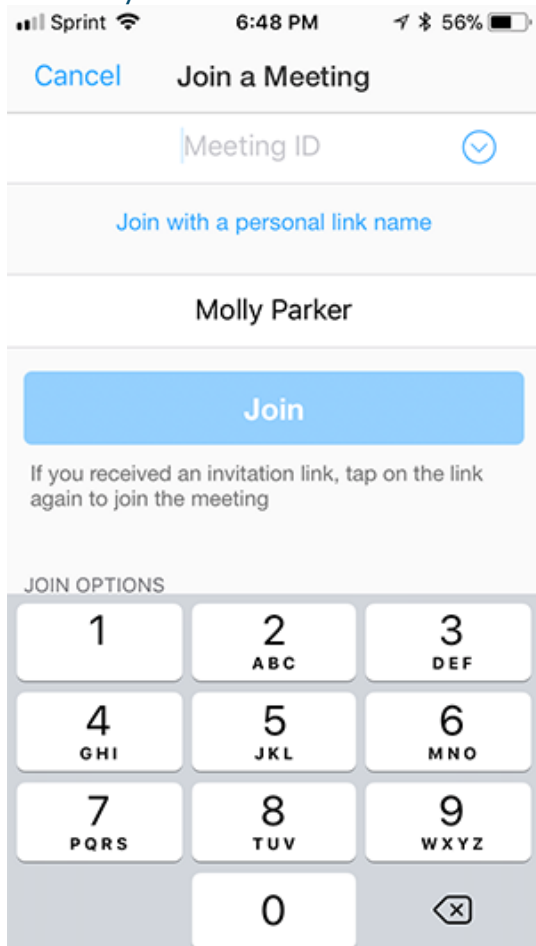
Join

3. Enter the **Meeting ID number** (see class list below) and type in your display name.

Meeting ID: xxx xxx xxxx

- If you are signed in, change your name if you do not want your default name to appear.
- If you're not signed in, enter a display name.

4. Select if you would like to connect audio and/or video and select **Join**.





Android (Kindle Fire & other tablets)

1. Open the Zoom mobile app. If you have not downloaded the Zoom mobile app yet, you can download it from the Google Play Store.
2. Join a meeting using one of these methods:
 - Tap **Join a Meeting** if you want to join without signing in.
 - Sign in to Zoom then tap **Join**.



Join

3. Enter the **Meeting ID number** (see class list below) and type in your display name.

Meeting ID: xxx xxx xxxx

- If you are signed in, change your name if you do not want your default name to appear.
- If you're not signed in, enter a display name.

4. Select if you would like to connect audio and/or video and tap **Join Meeting**.



Zoom Virtual Class Links and Meeting ID#'s

Marty Osteo 10 am Wed & Fri

Meeting ID# 95565753397

Passcode 368928

<https://zoom.us/j/95565753397?pwd=ZnVxWkQwaFFJRXBjajJXd2Y5SENKZz09>

Marty Aerobics 11 am Wed & Fri

Meeting ID# 99655147531

Passcode 848151

<https://zoom.us/j/99655147531?pwd=M2U5eXFMSkxrTm43MXowa0xIY29iUT09>

Robin Yoga Monday 10:30am

Meeting ID# 99727365515

Passcode 379051

<https://zoom.us/j/99727365515?pwd=YUxoRS8veINrUUNNUjA2TIFSKzVNZz09>

Robin Yoga Thursday 12 noon

Meeting ID# 99048472571

Passcode 592619

<https://zoom.us/j/99048472571?pwd=WVdSUWRFNXk2OWsrUjM0WWRMTHNGZz09>

Kara Move to be Fit Tues 10am

Meeting ID# 91384616583

Passcode 294712

<https://zoom.us/j/91384616583?pwd=NGdIUlBVMXlaZlJ0MzROUUZ5eTk4dz09>

Kara Body Grace Tuesday 11am

Meeting ID# 97195341284

Passcode 538777

<https://zoom.us/j/97195341284?pwd=Nk1hZlMwRzdEbDhKcGM2K1pJMmZ4Zz09>

Kara Aerobics Wednesday 10am

Meeting ID# 91591986439

Passcode 141900

<https://zoom.us/j/91591986439?pwd=YXRMcEMzQjBMdmJmUDJKUnNMUk1hdz09>

Kara Happy Hips Wed 11am

Meeting ID# 96330600197

Passcode 082688

<https://zoom.us/j/96330600197?pwd=NGtya1VGaVZncGpuL2Z3U0dxQjZkdz09>