

ZOOM LOGIN INSTRUCTIONS

We are SO excited to have you join us for our live workouts ... right from inside your living room!

Our Altitude family has been loving the live stream workouts! They've been talking non-stop about how they are helping them to feel connected, lower stress levels, improve their mental health, stay active, and help them to feel GOOD right now.

We're in this TOGETHER!

We are all just learning the ropes with all this online business, I thought it would be handy to have all the login and operation info in one place. You can print or save this email so you have it to reference when you're logging into class. I will also post it on the [website](#).

Zoom Link: <https://zoom.us/j/685648255?pwd=V3FTcmo5T1I1cDRKSTBQOEt0VmVVQT09>

Zoom Meeting ID: 685-648-255

Password: 539498

BEFORE JOINING:

You will need a phone, tablet or computer with internet access, a speaker, mic and camera. For the best experience, a computer is recommended.

We also recommend downloading Zoom before the session (you can do that [here](#) - it's free) You may also want to test your camera and sound to be sure that you are ready when class starts.

HOW TO JOIN FROM A LAPTOP OR COMPUTER:

STEP ONE: Click the Zoom link above or Copy and paste it into your internet browser (Google Chrome will work best, but it will still work with other internet options) Depending on how you joined you may be asked for a personal ID.

Use the meeting ID above (you will NOT be required to enter the password when using this link)

👉 If this is your first time joining Zoom, it will ask you to download the app. Please do this, and follow the directions it provides you

STEP TWO: You will see "Open this page in Zoom" ... Click "Open"

STEP THREE: Click Join With Video

Note: if you get there before the class starts you may see the “waiting” message. That’s ok, just wait for the instructor to open the room.

STEP FOUR: Click “Call in using internet audio”

HOW TO JOIN FROM A TABLET OR SMARTPHONE:

STEP ONE:Download the "Zoom Cloud Meeting" app from the app or google play store.

STEP TWO: Tap the app to open it (it's blue with a white video camera)

STEP THREE: Tap "Join Meeting" and enter the meeting ID (685-648-255). There is another box below the meeting ID where you have the option to enter your name, it might say something like "Sarah's iPad" please change this to your name so your instructor knows who you are in the class :)

This is also when you will be prompted to enter the meeting password: **539498**

Note: if you get there before the class starts you may see the “waiting” message. That’s ok, just wait for the instructor to open the room.

STEP FOUR: You will be given the option to join with video or not. We love to see your faces but understand that not everyone is comfortable with this. If you are not showing video, please remember to add your name!

STEP FIVE: Click “Call in using internet audio”

OTHER ITEMS:

- **VIDEO:** If you tap or click your screen you can see icons at the bottom or top that will allow you to turn your video on or off.
- **SOUND:** If you tap or click the mic icon it will mute you or turn your mic on. The instructor will mute during the workout so it is not distracting to others. If you can’t hear us: tap or click your screen, click the “more” button on the right corner. Click “connect audio”
- **TO SEE THE INSTRUCTOR:** double tap the instructor's video to have their video fill the screen. If using a laptop or other computer, you can click the 3 dots in the upper right of the instructor's video and choose “Pin Video”

We've been having so much fun and if you haven't logged in yet, we are looking forward to seeing you!

If there’s anything you need, please reach out any time!

info@altitude-at.ca