



## Using Zoom online communications platform to access CSF/PWC fitness classes

**Video tutorial on participant access:** <https://youtu.be/hlkCmbvAHQQ>

### **Directions for access:**

#### **Choose your device.**

**On a mobile phone or tablet**, you can download the “Zoom Cloud Meetings” app from the app store.

**On a desktop computer**, visit <http://zoom.us/join>

### **Creating an account**

You can create your own free Zoom account prior to joining a class OR access the class without creating an account (simply click on a meeting link provided to you for the class you’re interested in).

### **Accessing a class**

When you click a direct link to a class:

- If you are early to the class, you may see a screen telling you the name of the class and when it is scheduled to occur. You will be placed in an online “waiting room” and will be admitted by the instructor. Please have your account video on while you enter.
- If you arrive to the class 5 minutes or more after the starting time, you will be blocked from entry.

Before class begins, the instructor will mute all participants and block their account’s video. Participants will be able to hear and see the instructor. Participants may choose their own music to enjoy during class.

If a password or meeting ID is required, these will be provided on the weekly class schedule.

### **Accessing an archived class**

You may access archived CSF and PWC classes on Zoom for several days after the live class airs. Shortly after the live class wraps up, a new link to the archived class will be available on the PWC & CSF Facebook pages and websites under Calendar/News & Events.