

Instructions for online classes with Sabrina's Z CREW Fitness

If you have a punch card or unlim pass, you can log into MindBody and just register for the class. All online classes are listed on MindBody. If you do not currently have class credits on your account, you will need to visit MindBody and purchase with your credit card a drop in class \$5 or punch card \$45. Please use the following link to access

MindBody <https://clients.mindbodyonline.com/classic/ws?studioid=142573&stype=-7&stG=23&sView=week&sLoc=0>

Please note: if you have been to our studio for regular classes before, *YOU WILL ALREADY HAVE A MINDBODY ACCOUNT*. Please click on the link above and say *FORGOT PASSWORD* and it will send you a way to reset. Or contact me at (505) 620-0327 and I will reset it for you. Your punch card or unlim pass is already on your account. If you make a new one, I will just have to merge the accounts so you can see your class credits.

Classes will be held on ZOOM. You will simply click on the link I send you and it will take you to the "meeting". Your computer will likely work better, but you can tune into the meeting from any device. **I will send you the invitation link to your EMAIL ADDRESS at least one hour before the class. Please try to sign up at least 2 hours before the class so that I can get the link to you in time. If you have a late sign up, contact me via text (505) 620-0327 and I will send the link via text or FB or email.** *side note, if we are not FB friends and you are on FB, please friend me!*

Pros to using Zoom: 1) sound is shared directly from my computer 2) video quality is better 3) 100 person limit in the class 4) You can keep your video on if you like, but I will be muting all of you before we start the class.

When we successfully make the connection, I will count you as signed in for the class. If we do not make a successful connection for whatever reason, then I will not charge you for the class and that class will sit on your account until you are ready to use it later.

Here is how this will work:

- 15 minutes before the class starts, I will log on and start admitting people. You will be initially directed to a "waiting room" until I admit you so PLEASE log in with a name I recognize (not Ipad or Iphone). If you are logging in with a name I don't recognize, please TEXT ME 505-620-0327 to let me know who you are.
- "Waiting room" option prevents Zoom-bombing and unwanted guests from joining and being malicious in our "meeting".
- If you didn't get the link 15 min before the class, TEXT ME (505) 620-0327 and I will send again. FYI, the link will be coming to you from my business email sabrina@sabrinaszcrewfitness.com (check your junk or spam folder)
- PLEASE do not be late to class...since I am now using the "waiting room" I can only admit people I recognize. This means that if you join after I started class, you might not be admitted until I look at my computer screen again in between songs.

- If you get disconnected for any reason, you can rejoin with the same link, but I will have to admit you again from the waiting room so be patient.
- If you are accessing from a mobile device, it will likely ask you to download the app (Zoom Cloud Meetings). In either case, you will have to set up a basic ZOOM account (its free) and verify with your email. Once you set up, on your computer, you must click the meeting link again to enter the meeting. On your mobile device it will ask you for the meeting ID which can be found on the meeting invitation at the start of this email.
- When you connect to the meeting, you will be asked to join the meeting with or without video. This is your choice if you want to share video with me, but I recommend you say join with video and then terminate your video feed if you don't want to be seen.
- You will also be asked if you want to join with audio. Again, I recommend that you say yes.
- If you need some Zoom video tutorials, please see this website for some helpful videos. <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

Tips to making your ZOOM Zumba experience better

- Hard wire to your router instead of using WIFI
- If need to use WiFi, close other open internet tabs and limit other connected devices on your WiFi
- Use HDMI cord to connect to TV/surround sound for bigger picture/sound
- For bigger sound use aux cord to external speaker or bluetooth speaker
- If you are still having issues, turn off your video and mute your sound and refrain from chat on Zoom.
- Bottom line, this will depend highly on your internet connection speed. You can test your internet speed by doing a google search for "test my WiFi speed". Speeds of less than 100mpbs may have some delays.

Thank you in advance for your support and understanding, I will see you guys ONLINE!!!