

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?studiod=142573&stype=41&sTG=23>

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 now 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. If you didn't get the link by this time, 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)
- If you get disconnected for any reason, you can rejoin with the same link.

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

Sabrina Samudio-Ruiz

Owner Sabrina's Z CREW Fitness

www.sabrinaszcrewfitness.com

Licensed Zumba and AFAA certified group fitness instructor

<https://sabrinaz.zumba.com>

505-207-4953 (studio number), 505-620-0327 (cell)