STRONGER AUSTIN VIRTUAL FITNESS CLASS PARTICIPANT GUIDE

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SETTING UP FOR CLASS

Zoom is available on the following devices

Device	System Requirements
Laptop	- macOS X with macOS 10.7 or later - Windows 10 **Note**: For devices running Windows 10, they must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported. - Windows 8 or 8.1 - Windows 7 - Windows Vista with SP1 or later - Windows XP with SP3 or later
Mobile / Tablet	- Surface PRO 2 or higher running Win 8.1 or higher - Note: For tablets running Windows 10, they must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported. iOS and Android devices

Download Zoom on the device you will use to tune into classes (phone, tablet, computer, etc.)

https://zoom.us/download#client_4meeting

To download zoom on your mobile device, visit your App or Android Store on your phone or computer, and type in 'Zoom.' The app icon should appear the same on your mobile device or laptop.

- o When you open the app, it gives the option of joining a meeting, signing up, or signing in.

REGISTER FOR YOUR CLASS

Participants may register in advance or anytime during the class.

1. Visit the Stronger Austin Class Schedule at www.strongeraustin.org/activities and click on the class you are interested in.
2. Click on the zoom link in the class description.

« All Events

VIRTUAL KICKBOXING

APRIL 8 @ 10:00 AM - 11:00 AM

This dynamic class incorporates kickboxing techniques with an intense cardio workout. All fitness levels welcome!

In response to COVID-19, Kickboxing will now be offered online utilizing the Zoom platform. Move with your favorite instructor own home! Participants will need to pre-register for class in order to attend. Please use the following link to register:

https://zoom.us/webinar/register/WN_y4paHnruT6uyswbGgOZKOA

Zoom is a video chatting software that you can use on your computer, smart phone or tablet. View the following guides for more participate in Stronger Austin classes:

English | Español

As always, all Stronger Austin classes are FREE. For a full list of our class schedule, please visit http://www.strongeraustin.org/a

3. Select which dates you plan to attend, enter the required information and press "Register".

Time — You can choose to attend one or more of the following webinars.
- ☐ Apr 8, 2020 10:00 AM
- ☐ Apr 15, 2020 10:00 AM
- ☐ Apr 22, 2020 10:00 AM
- ☐ Apr 29, 2020 10:00 AM
- ☐ May 6, 2020 10:00 AM

Time shows in **Central Time (US and Canada)**

4. You are now registered! You will be given a link on the next page that will lead you to the class!

* Required information

First Name *

Last Name *

Email Address *

Confirm Email Address *

Zip/Postal Code *

In consideration of my participation in this program, for myself, my heirs, and assigns, hereby release It's Time Texas, and it's employees, from any claims, demands, and causes of action arising from my participation in the exercise program.
*
○ I agree

Register

ENTERING YOUR CLASS

Logging in: After launching Zoom, click Join a Meeting to join a meeting without signing in.

zoom

Join a Meeting

Sign In
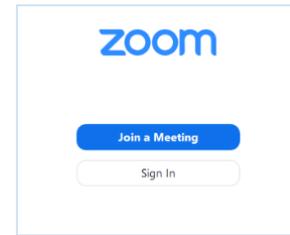
- o *Entering your fitness class webinar*
    - ▪ To access your fitness class webinar, click the link you received in the confirmation page after you registered. If the host sent a registration confirmation email, the link can also be found there.
    - ▪ If you do not receive an email, ask the organizer for your Meeting ID and paste it into the box provided (join a meeting>meeting ID or personal link name).

Hi Eren Yaeger,

Thank you for registering for "My Webinar".

Please submit any questions to: kevin.hoang@zoom.us

Date Time: Sep 11, 2018 10:00 AM Pacific Time (US and Canada)

Join from a PC, Mac, iPad, iPhone or Android device:
Please click this URL to join. https://success.zoom.us
/w/319833382?tk=QvnVju44sn4BvDesYH_a1KqAOLurYUwnIYSss8gtpOk.DQEAAAAAExBFJhZyTkd0ZUxYcFRfS2Q3UVIMZ1VOMEdnAA
Note: This link should not be shared with others; it is unique to you.
Add to Calendar   Add to Google Calendar   Add to Yahoo Calendar

Or iPhone one-tap :
US: +16468769923,,319833382# or +16699006833,,319833382#

Or Telephone:
Dial(for higher quality, dial a number based on your current location):
US: +1 646 876 9923 or +1 669 900 6833 or +1 877 369 0926 (Toll Free) or +1 877 853 5247 (Toll Free)
Webinar ID: 319 833 382
International numbers available: https://zoom.us/u/bZ3rpGRKy

ZOOM CONTROLS (MOBILE)

Mobile Device:

Speaker icon: Tap the speaker icon at the top-left corner to turn off your device's speaker.

Unmute/Mute: If the host gives you permission, you can unmute and talk during the webinar. All participants will be able to hear you. Tap **Audio** if you want to mute yourself.

Chat: Open in-meeting chat, allowing you to send chat messages to and send a message to the host, panelists, and attendees (if permitted).

Raise Hand: Raise your hand in the webinar to indicate that you need something from the host.

Question & Answer: Open the Q&A window, allowing you to ask questions to the host and panelists. They can either reply to you via text in the Q&A window or answer your question live.

To ask a question: Type your question into the Q&A box. Tap Send.
Note: Check Send Anonymously if you do not want your name attached to your question in the Q&A.
If the host replies via the Q&A, you will see a reply in the Q&A window.
The host can also answer your question live (aloud). You will see a notification in the Q&A window if the host plans to do this.

More: Tap for these options.
Disconnect Audio: Disconnect your device's audio from the webinar. Click Join Audio to reconnect your audio.

Leave: Tap Leave to leave the webinar at any time. If you leave, you can rejoin if the webinar is still in progress, as long as the host has not locked the webinar.

ZOOM CONTROLS (MAC/PC)

Windows/ Mac Laptop Device:
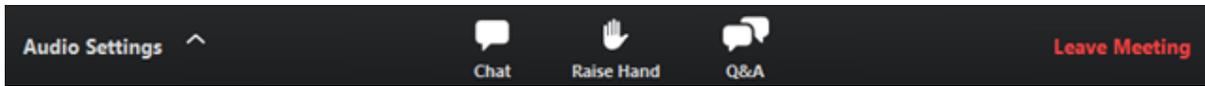
Audio Settings: Change your audio settings. You can also click the upward arrow (**^**) next to change your speaker.

Unmute/Mute: If the host gives you permission, you can unmute and talk during the webinar. All participants will be able to hear you. If the host allows you to talk, you will receive a notification.

Note: You can still access the audio settings by click on the **^** arrow next to the Unmute/Mute button.
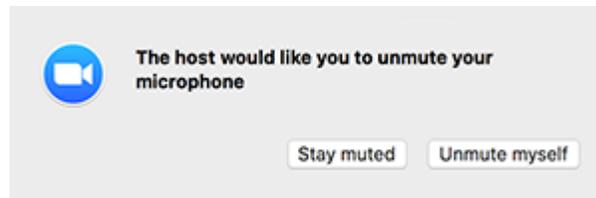
Chat: Open in-meeting chat, allowing you to send chat messages to and send a message to the host, panelists, and attendees (if permitted).

Raise Hand: Raise your hand in the webinar to indicate that you need something from the host. The host may instruct you on how they plan to use this. Many webinar hosts use this feature to know if an attendee has a question and would like to speak aloud.

Question & Answer: Open the Q&A window, allowing you to ask questions to the host and panelists. They can either reply back to you via text in the Q&A window or answer your question live.

To ask a question:

Type your question into the Q&A box. Click **Send**.

Note: Check **Send Anonymously** if you do not want your name attached to your question in the Q&A.

If the host replies via the Q&A, you will see a reply in the Q&A window. The host can also answer your question live (out loud). You will see a notification in the Q&A window if the host plans to do this.
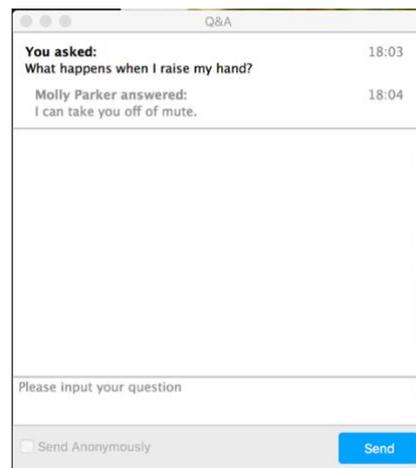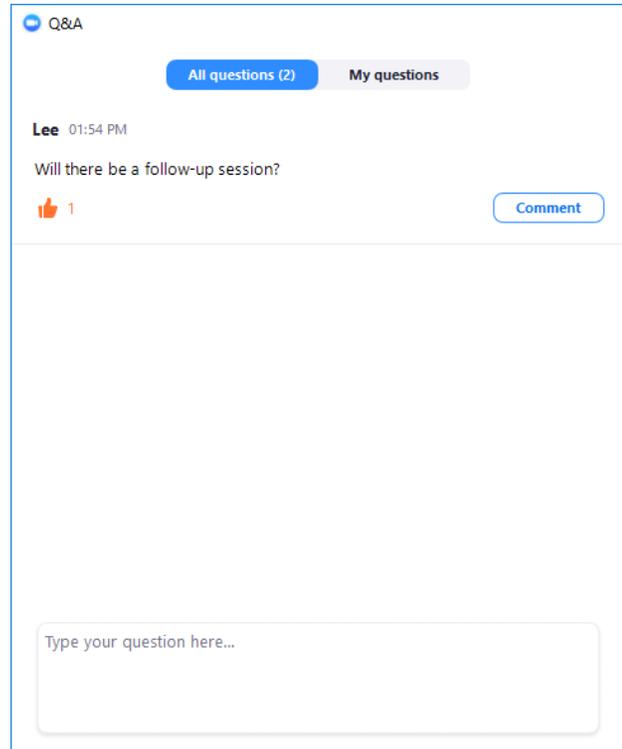
As an attendee you can also like or comment on other attendee's questions. This helps the host or participant identify popular questions, especially in a webinar with many attendees.
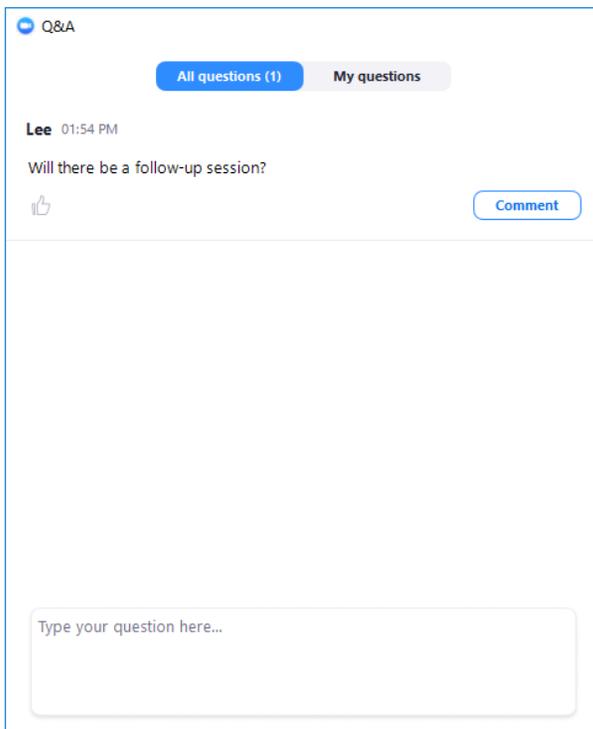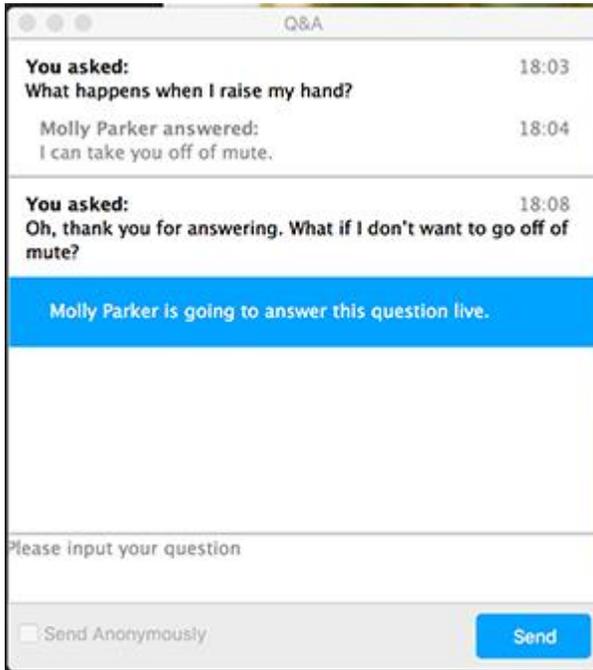
Click the thumbs up icon to like a comment.
Tip: The number beside the icon is the total number of likes the question has received so far.

Click the red thumbs up icon to unlike a comment.
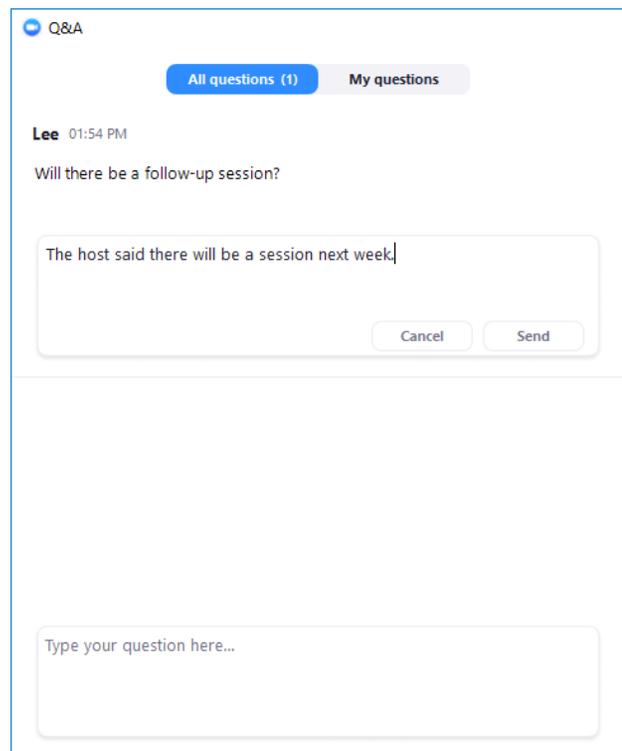
Q&A

All questions (2) · My questions

Lee 01:54 PM

Will there be a follow-up session?

👍 1

Comment

Type your question here...

Click **Comment** to write a reply to an existing question.

Q&A

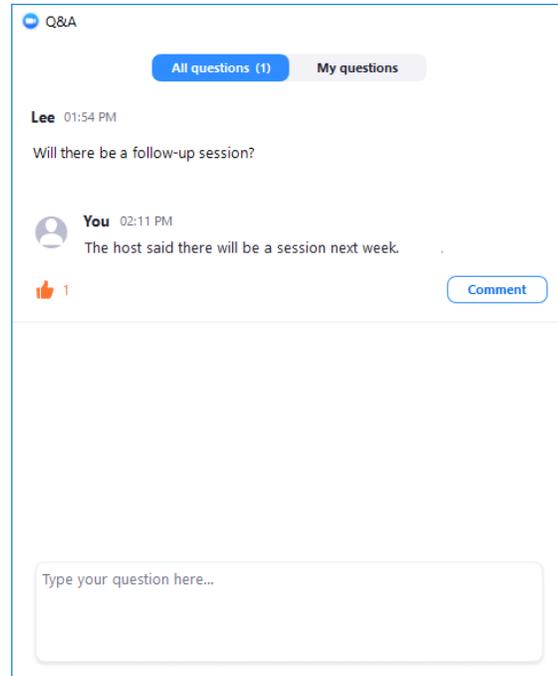**All questions (1)** · My questions

Lee 01:54 PM

Will there be a follow-up session?

The host said there will be a session next week.

Cancel · Send

Type your question here...

Type your comment and click **Send**.
Your comment will appear beneath the question.

Leave meeting: Click **Leave meeting** to leave the webinar at any time. If you leave, you can rejoin if the webinar is still in progress, as long as the host has not locked the webinar.