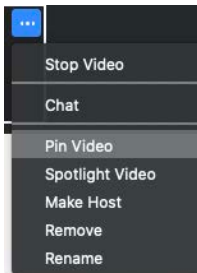


## How to Participate in a Virtual Group Exercise Class:

- Click on the link sent via email or text from Remind (the Y's notification application). If this is your first time using Zoom Meetings, you will be prompted to download and run the Zoom Meetings Application. If you've previously used Zoom Meetings, simply click the "Join Zoom Meetings" button to join the class.
- When you first join the class, your microphone will automatically be muted to reduce feedback but you can unmute to speak to the instructor or other Members. Your video will automatically start but you have the option to turn off your video so you cannot be seen by others.
- You will need a strong Wi-Fi signal when streaming the class.

## Tips for Success

- Please mute your microphone during class unless you have a question for the instructor - this gives us better sound quality!
- To make the instructor's screen large, click on the ... button on their window and choose "Pin Video"



- We encourage you to have your video on if you feel comfortable - it makes the class feel more like a community.
- Feel free to use the chat function to ask questions or send any suggestions!