



**Pembury Fitness**

## **ONLINE CLASSES FREQUENTLY ASKED** **QUESTIONS**

### **1. How do I book a class?**

Here is a link to the new booking system for online classes only:

<https://bookwhen.com/pemburyfitnessonline>

### **2. How much are classes?**

Payment of just £2 per household per class is required to participate, and payable online via paypal or card.

### **3. What Classes do you teach?**

Pilates

Legs, Bums & Tums

Clubbercise

Zumba

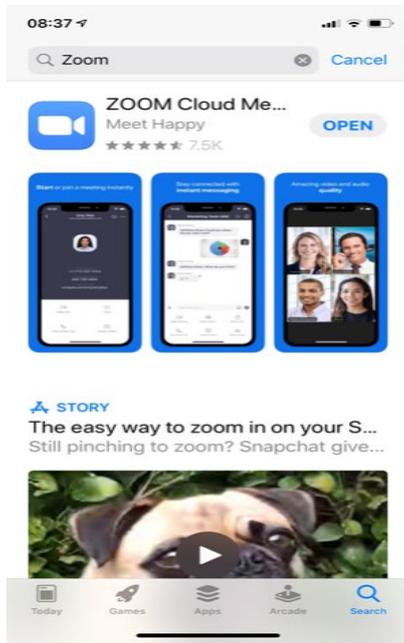
Saturday Stretch

### **4. How do I join in the class?**

Here are the steps of how to join a class once you have booked in via the online system:

## STEP 1:

To participate you will need to download the app 'ZOOM'. On a device with a camera, either a phone, tablet or laptop. The app looks like this:



## STEP 2:

Once you've have downloaded the app to your device, you'll then be ready to join a meeting/online class and the following will display on the screen. You'll need to click to join the meeting:



**STEP 3:**

You'll then be prompted for a meeting code and password, and I will email this code to you prior to the start of your class - I'm hoping this will be the morning of the day of class, depending how far in advance you book your class.

**STEP 4:**

When you join the meeting (online class), you will need to enable the sound and video on your device. Each device is slightly different, but with a Windows Laptop, iPhone and iPad, you will be asked if you want to join with computer audio, and you need to click this option.

**5. Will I be visible to everyone participating?**

You will be visible to me, as this is needed for insurance purposes, as I need to be able to see what you are doing, to make sure you are not at risk of injury. I will be the largest tile on your screen, and you have the option to just see you and me or the option to see all the other participants, but these will be in small boxes around the screen. This option will be in the settings visible on your screen.

**IMPORTANT:**

*You will be able to join your class 10 minutes before the start time, so we can have a little welcome chat and get you up and running properly, then you will need to mute your device (accessed via the microphone icon on the bottom of your Zoom video screen), so that you can only hear me and the music and not the other participants.*