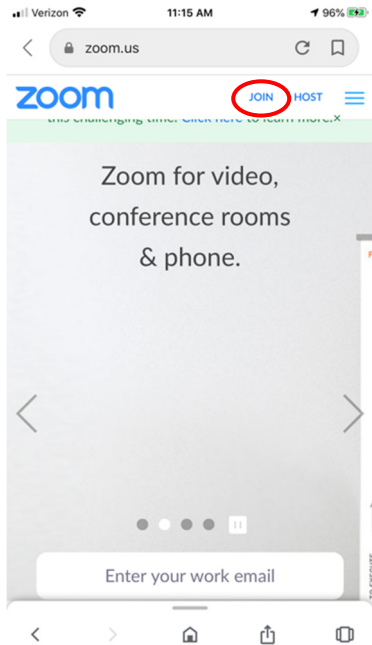


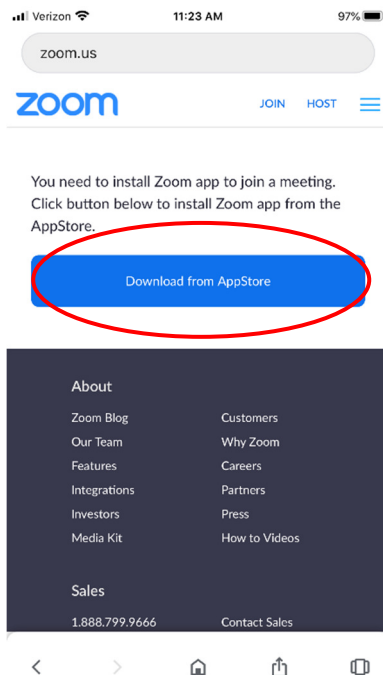


## Zoom Smartphone Participant Walkthrough

- 1) Go to Zoom.us (<https://zoom.us/>) and click JOIN. If you have already downloaded the app, you can move on to step 4!

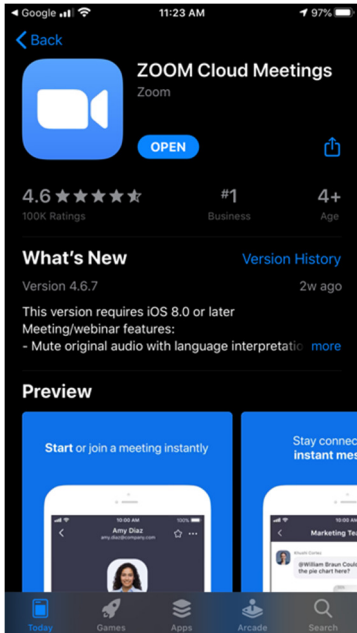


- 2) You will automatically be redirected to the App Store to download the ZOOM app. If not, click the DOWNLOAD FROM APP STORE link

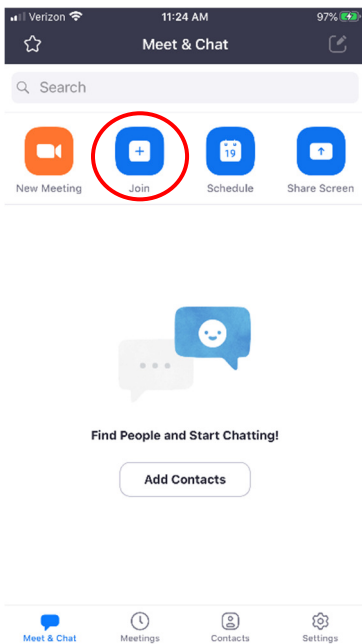




3) Download the ZOOM app

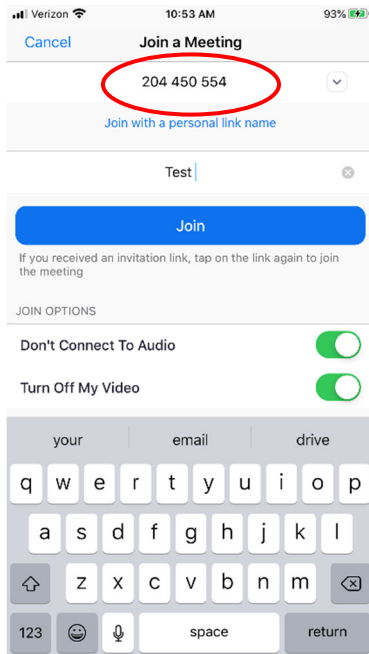


4) Once you have downloaded the ZOOM app, enter and you will be greeted with the MEET & CHAT screen. Join the class by clicking JOIN

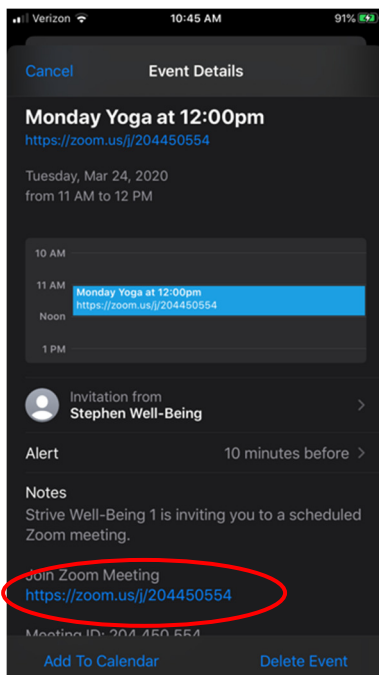




- 5) Join the Meeting by entering the MEETING ID which can be found on the automated email confirmation that you received after you registered on [www.CorporateFitnessPrograms.com](http://www.CorporateFitnessPrograms.com)

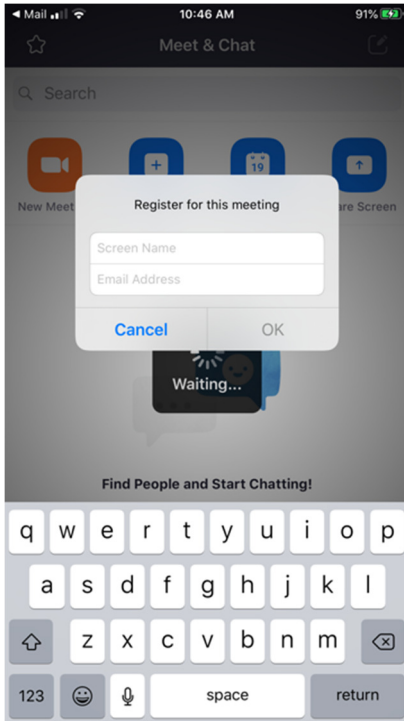


- 6) Alternatively, you can reach the class by clicking the link in the automated email reminder you received after you registered for the class at [www.CorporateFitnessPrograms.com](http://www.CorporateFitnessPrograms.com) via the automated email confirmation and clicking the JOIN ZOOM MEETING link. Please set up your calendar reminder on your personal device with these details for easier access in the future!

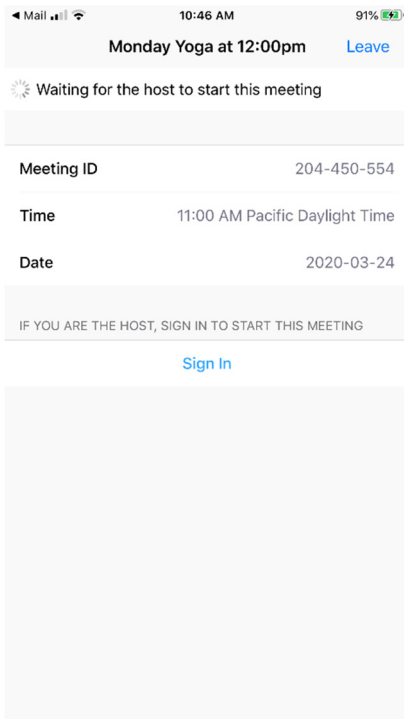




7) Register for the class with your NAME and EMAIL ADDRESS

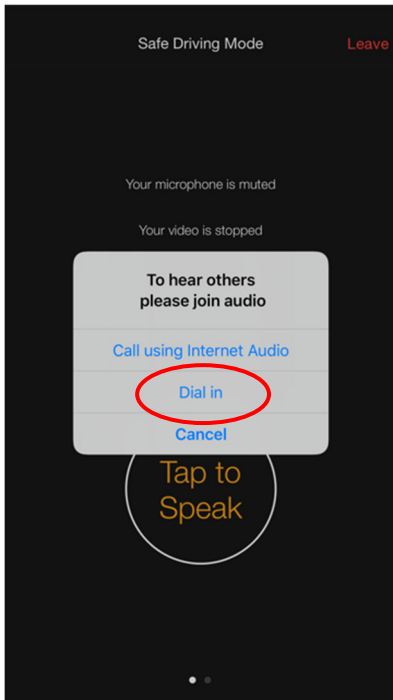


8) You will join the waiting area until the host starts the class

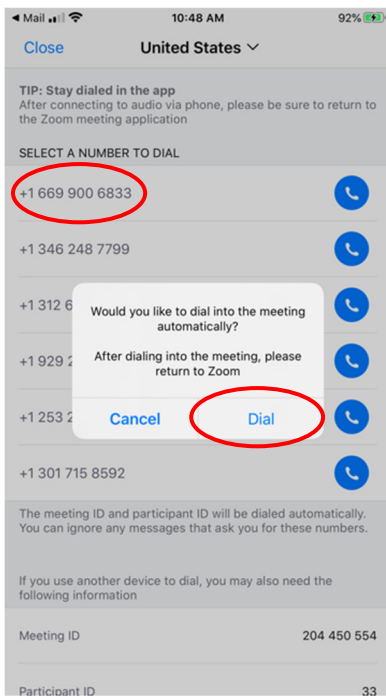




- 9) Once the host starts the class, you will be taken to this screen and have the option to join the audio either through CALL USING INTERNET AUDIO OR DIAL IN. Choose DIAL IN

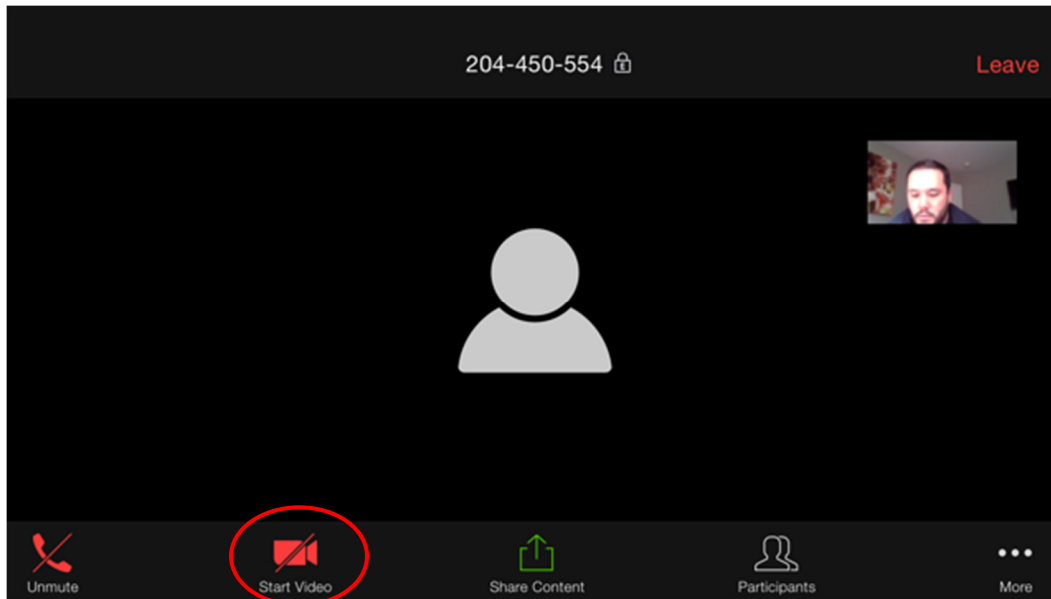


- 10) Always choose the first number option to dial and then click DIAL

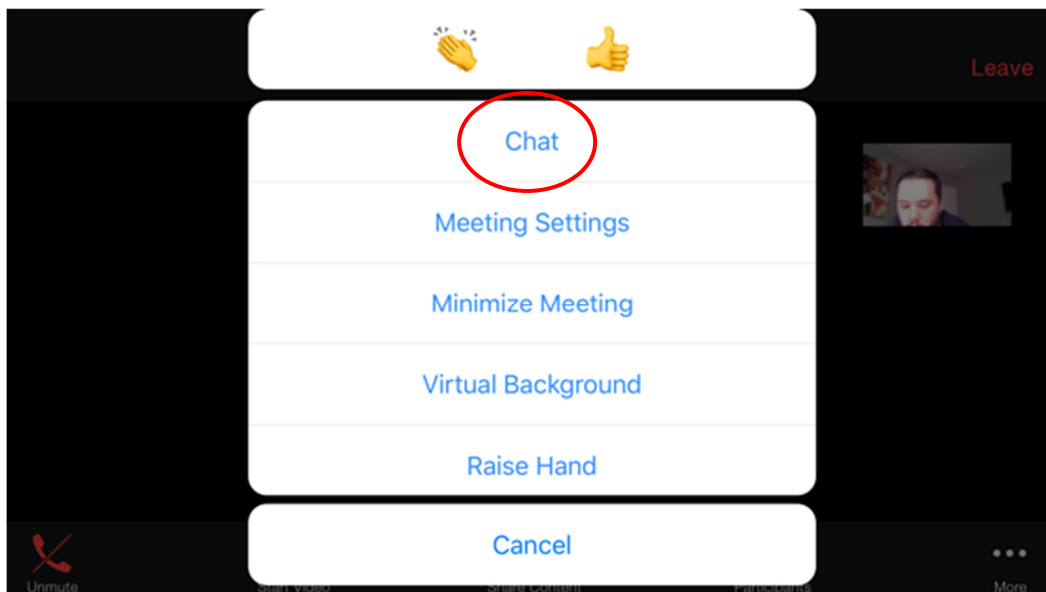




11) Please note that you will be automatically muted and your video screen hidden so as to not disrupt the class verbally and to keep your privacy. If you'd like to allow yourself to be seen, click the START VIDEO Button at the bottom of the screen

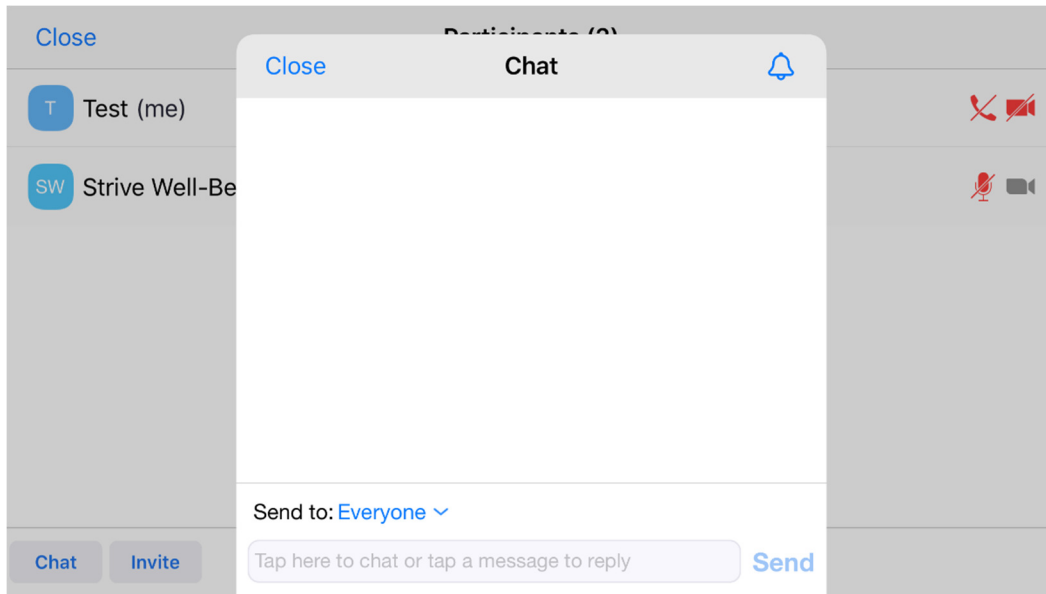


12) At the end of each class (last 5-10 minutes), the instructor will open up the chat so he/she may answer any questions you may have verbally. To ask a question, please click the MORE button in the bottom right hand corner to bring up options, and then click CHAT





13) Here is the Chat feature FYI



14) You can leave the class at any time by looking in the top right-hand corner and clicking LEAVE

