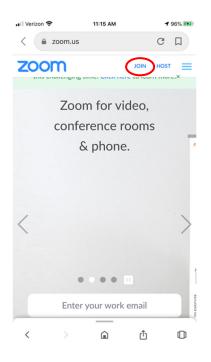
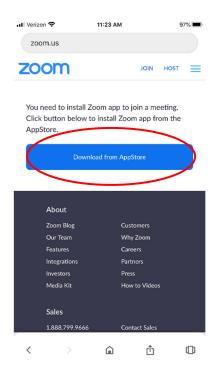


## Zoom Smartphone Participant Walkthrough

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

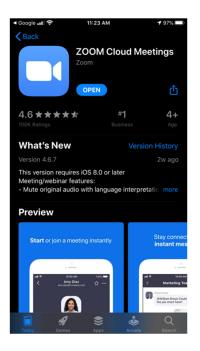


2) You will automatically be redirected to the App Store to download the ZOOM app. If not, click the DOWNLOAD FROM APP STORE link

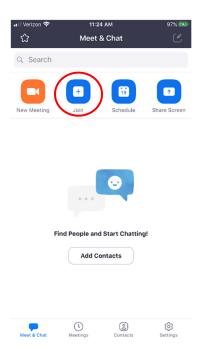




3) Download the ZOOM app



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 <u>www.CorporateFitnessPrograms.com</u>

📶 Verizon 🗢		10:53 AM					93% 🛤
Cancel Join a Meeting							
204 450 554							~
Join with a personal link name							
Test							۵
Join							
If you received an invitation link, tap on the link again to join the meeting							
JOIN OPTIONS	JOIN OPTIONS						
Don't Conn	ect To a	Audio	0				
Turn Off My Video							
your			email			driv	е
qwertyuiop							
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☆ Z	X	с	v	b	n	m	$\boxtimes$
123 😄	Ŷ	space			re	turn	

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 <u>www.CorporateFitnessPrograms.com</u> 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!

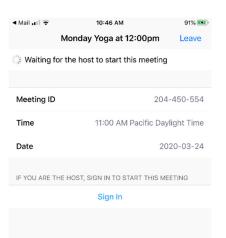
📲 Verizon 🗟	10:45 AM	91% 📢			
Cancel	Event Details				
Monday Yog https://zoom.us/j/	ga at 12:00p /204450554	m			
Tuesday, Mar 24, from 11 AM to 12					
10 AM					
	ga at 12:00pm n.us/j/204450554				
ТРМ					
Invitation Stephen	from Well-Being				
Alert	10 1	minutes before >			
Notes Strive Well-Being 1 is inviting you to a scheduled Zoom meeting.					
tom Zoom Meeting https://zoom.us/j/204450554					
Add To Caler		Delete Event			



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



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

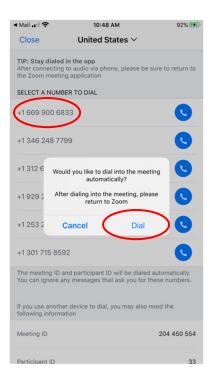




9) Once the host starts the class, you will be taken to this screen and have the option to join the audio either through CALL USING INTERNET AUDIO OR DIAL IN. Choose DIAL IN

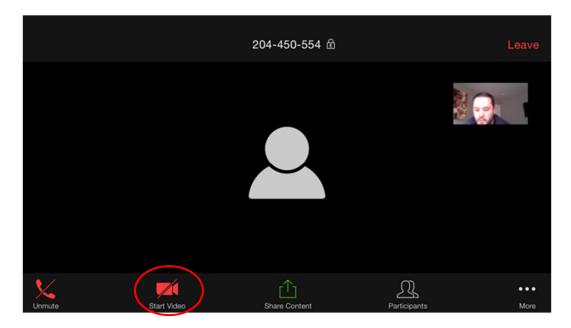
Safe Driving Mode	
Your microphone is muted	
Your video is stopped	
To hear others please join audio	
Call using Internet Audio	
Dial in	
Cancel	J
Tap to Speak	
• •	

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

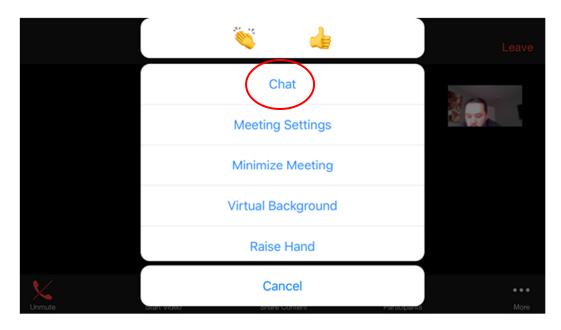




11) Please note that you will be automatically muted and your video screen hidden so as to not disrupt the class verbally and to keep your privacy. If you'd like to allow yourself to be seen, click the START VIDEO Button at the bottom of the screen



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





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	Send to: Everyo	ne 🗸		
Chat Invite	Tap here to chat	or tap a message to reply	Send	

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

