



“HOW TO” GUIDE FOR...

zoom

During these testing times I have been lucky enough to be temporarily allowed to stream my classes securely online (thank you to Pound®, Clubbercise® and my insurance company EMDUK®)!

This is a “How To” Guide for participants to make joining my classes as easy as possible!

Before you book, you need to make sure you have:

- Enough room to participate properly
- Access to a drink of water
- A device to stream the class from – this can be a laptop with a webcam, tablet or smartphone
- A good Wifi connection – the closer you can be to your router the better!
- For Pound® classes you can use either your own Ripstix® (if you have them) or whatever utensils you have at home! (Wooden spoons work great for this!)
- For Clubbercise® you can use your own Glowsticks (if you have them) or just dance along without!

THEN YOU ARE GOOD TO GO!

1. First of all, you will need to book online as normal at:

www.bookwhen.com/susydancefitness

And choose “ONLINE CLASS” tickets. Once I’ve received your booking you will be added to the class list.

2. On the day of the class you will receive the link to join via email or text. Around 5 minutes before the class is due to start either open the Zoom app (if you have it) and enter the “Meeting ID”...

OR copy the link into your web browser and you will have the option to “join from browser” without needing the app. You may need to enter the “Meeting ID”

As an example, if the link for the meeting is:

<https://us04web.zoom.us/j/123456789>

Then the “Meeting ID” would be the digits from the end of the link “123456789”

You will need to allow access to both the Microphone and Camera and then once we are ready to start you can choose to mute yourself or I can do it from my side 😊

3. ENJOY THE CLASS! It’s about time we had something to feel good about

DANCE TECHNIQUE CLASSES:

I will live stream the warm up and technique exercises each week at normal class times until the 6 week block is done. Your choreography at the end will be pre-recorded as both a broken-down learning video and a full-out dance video and I will upload this to my Instagram and Facebook stories, and into my Facebook Parents’ group for you to view/rewatch as much as you need:

www.facebook.com/groups/susydancefitnessparents

Thank you all so much for continuing to support me and my business throughout this crazy time, it really does mean a lot!

Susy x