



VIRTUAL HYBRID WORKOUTS

We are SO excited to add hybrid/ virtual workouts to our studio program in this New Dawn that we find ourselves in ... and they're available from right from inside your living room!

Many of the tribe have been loving the live stream workouts! They've been talking non-stop about how they are helping them to feel connected, lower stress levels, improve their mental health, stay active (and in some cases being more active than usual), and help them to feel GOOD right now, in these times of uncertainty and strangeness.

I was not convinced on this style of training when we started but I too can now see the benefit. Not only has it been vital for some people to keep their sanity, as well as fitness levels but the convenience cannot be argued with. To this end we are keeping some of our classes as Virtual only and some of our classes will be 'Hybrid' classes. Hybrid classes are classes that are happening in the studio but being streamed via Zoom at the same time. These are to aid those clients who are not comfortable coming back into a studio environment yet or are on a tight schedule and can't quite make it in, or live a little too far away.

It has also meant that I can put on 6.30am classes again. This class time is traditionally poorly attended but having the class virtually has made them possible again! Of course, if interest dries up over winter then we may give them a little rest but we'll see how we go!

We run all our Virtual and Hybrid classes via Zoom. If you have yet to explore this delivery method then please read through the following instructions. Its pretty straight forward.

BEFORE JOINING:

You will need a phone, tablet or computer with internet access, a speaker, mic and camera. In most cases an Iphone, Ipad or the Android equivalents are fine. A computer is apparently better!

We also recommend downloading Zoom before the session (it's free) You may also want to test your camera and sound to be sure that you are ready when class starts.

Either download the app from the apple or android app store or go to the following link:

www.zoom.us

Book into the class of choice via Glofox. They are labeled Virtual or Hybrid. I will then send you the link, password and ID.

HOW TO JOIN:

STEP 01 Click the link or open the app. Please use the Meeting ID and Password that you will receive in the sms that will be sent prior to the class.

STEP 02 You will see "Open this page in Zoom" ... Click "Open"

STEP 03 Click Join With Video

Note: if you get there before the session time you may see the "waiting" message. That's ok, just wait for me to open the room.

STEP 04 Click "Call in using internet audio"

OTHER ITEMS:

VIDEO

If you tap your screen you can see icons at the bottom that will allow you to turn your video on or off.

SOUND

If you tap the mic icon in the lower left it will mute you or turn your mic on. I will mute during the workout so it is not distracting to others. If you can't hear us: tap your screen, click the "more" button on the lower right corner. Click "connect audio"

TO SEE ME

swipe your phone/tablet screen from left to right and you will see me doing the workout rather than other participants. If using a laptop or other computer, you can click the 3 dots in the upper right of my picture and choose "Pin Video"

Currently Virtual Class Access is a benefit of our studio passes (unlimited, 10 packs). If you are a casual client then virtual classes are \$8 each or if you only want to do virtual or hybrid classes then there is an unlimited class pass \$50 or \$70 for 10. These do not permit studio classes but you can join studio classes for a reduced casual fee.

If there's anything you need, please reach out any time!