

## FOR COMPUTER USERS: Joining your virtual class!

### Before joining your class:

Before deciding to join us, please check these following requirements and helpful tips, so your classroom experience will be stress-free and fun.

- The device you use for accessing your class must be able to access the email account you used when registering for the class.
- Use a fully charged device or, better yet, one connected to a power source. Batteries drain quickly when streaming.
- Be sure you are in a space with an internet connection. Be sure you have a hardwired Ethernet connection to your home internet modem, or robust Wi-Fi connectivity. You could experience lag or garbled audio with 4G/LTE.
- When joining your class, your device should be automatically muted.
- While in your class, keep your video turned on, so instructors can help with modifications while you exercise

### Step by step instructions for joining your class:

#### STEP 1

You will receive this link in an email. Tap the link.

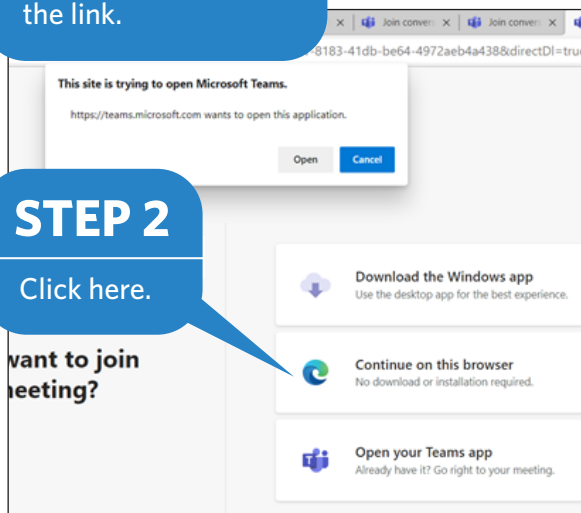
#### Join Microsoft Teams Meeting

[Learn more about Teams](#) | [Meeting options](#)

#### STEP 2

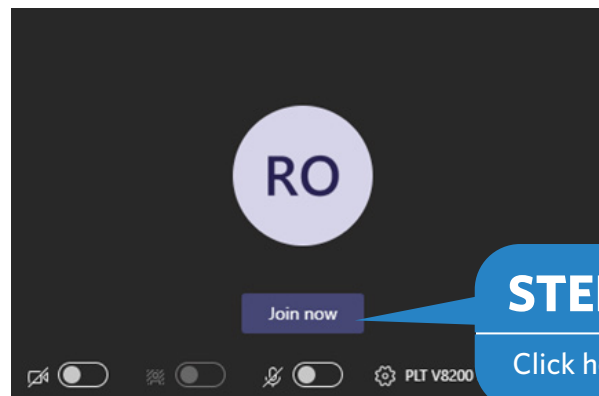
Click here.

want to join meeting?



#### STEP 3

Click here.



#### STEP 4

Maximize the instructor by window by right clicking on the instructor image and then clicking Pin.

#### STEP 5

To mute your audio and turn off your camera click the Teams screen and the camera icon, then click the audio icon. Both icons should now have a slash through them.

