

FOR MOBILE AND TABLET 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.

- If joining your class from a smart phone or tablet, please first download the Microsoft Teams app from the app store.
- 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 calendar in an email. Click on your class link.

FITNESS AT HOME SCHEDULE • JANUARY 2021 Updated 12/17/20

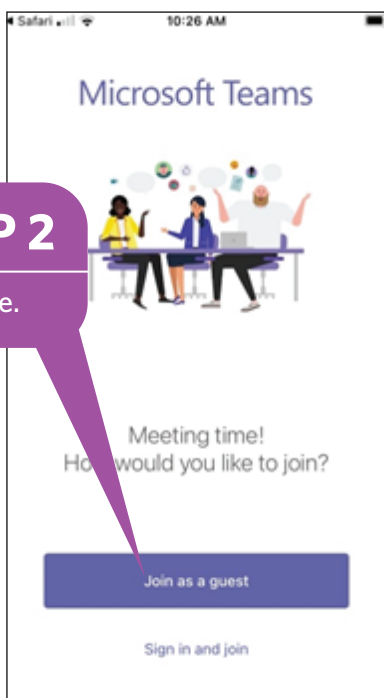
START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m.	Active Learning	Yoga Fitness	Active Learning	Yoga Fitness	Active Learning
9:00 a.m.	Fitness Body	Fitness Body		Fitness Body	
9:30 a.m.	Strong Kettle		Strong Kettle		
10:00 a.m.	Yoga Fitness and Pilates	Yoga	Yoga Fitness and Pilates	Yoga	
10:30 a.m.					
11:00 a.m.				Upper Body Strength Class	
11:30 a.m.				Pilates	Strength for Seniors
12:00 noon					
12:30 p.m.	Active Seniors			Active Seniors	
1:00 p.m.					
1:30 p.m.	Stretch and Roll			Stretch and Roll	
2:00 p.m.					
2:30 p.m.	Yoga	Active Learning	Yoga	Active Learning	
2:45 p.m.				Active Learning	
3:30 p.m.	Strength for Seniors	Strength for Seniors	Strength for Seniors	Strength for Seniors	
4:00 p.m.					
4:30 p.m.	Seniors		Seniors		
5:30 p.m.	Active Learning	Active Learning	Active Learning	Strength for Seniors	
6:00 p.m.	Active Learning and Pilates		Active Learning		

CLASS INFORMATION AND DESCRIPTIONS
Classes subject to change and cancellation. For the most current listings and class descriptions, visit willamalane.org/fitness



STEP 2

Tap here.



Type your name, then select Join meeting.

Skippy Test

Join meeting

STEP 3

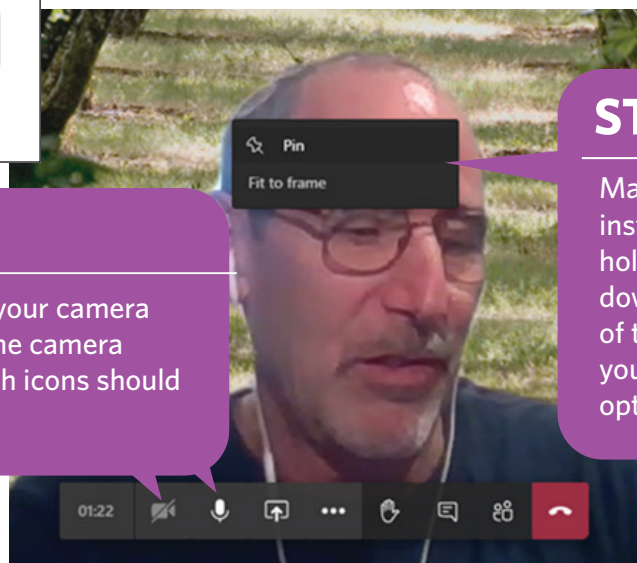
Type your first and last name and tap the "Join meeting" button.

STEP 4

Maximize the instructor window by holding your finger down on the image of the instructor until you see the Pin option. Then tap Pin.

STEP 5

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



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Step by step instructions for joining your class:

STEP 2

There are two ways to join the meeting. Click on "Continue on this browser" or use the Teams app.


STEP 1

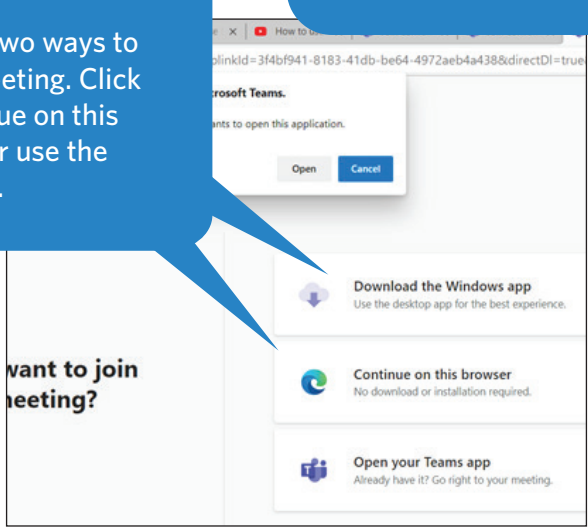
You will receive this calendar in an email. Click on your class link.

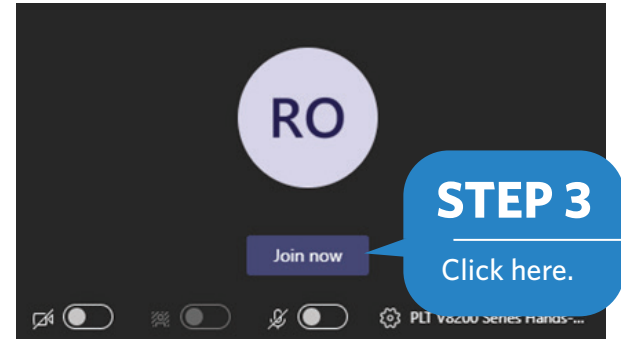
FITNESS AT HOME SCHEDULE • JANUARY 2021 Updated 12/17/20

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m.	Core Fitness	Yoga Flow	Core Fitness	Core Fitness	Core Fitness
9:30 a.m.	Yoga Flow		Yoga Flow		
10:00 a.m.	Yoga Flow and Stretch	Yoga	Yoga Flow and Stretch	Yoga	
11:00 a.m.				Yoga Flow and Stretch	
11:30 a.m.				Yoga Flow and Stretch	
12:00 noon					Yoga Flow and Stretch
12:30 p.m.	Yoga Flow		Yoga Flow		
1:00 p.m.				Yoga Flow and Stretch	
1:30 p.m.	Yoga Flow and Stretch		Yoga Flow and Stretch		
2:00 p.m.	Yoga		Yoga		
2:30 p.m.	Yoga	Yoga Flow	Yoga	Yoga Flow	
2:45 p.m.				Yoga Flow and Stretch	
3:30 p.m.					
4:00 p.m.	Strength Training	Yoga and Stretch	Strength Training	Yoga and Stretch	
4:15 p.m.					
4:30 p.m.	Yoga		Yoga		
5:30 p.m.	Yoga Flow and Stretch	Yoga Flow and Stretch	Yoga Flow and Stretch	Yoga Flow and Stretch	
6:00 p.m.	Yoga Flow and Stretch		Yoga Flow and Stretch		

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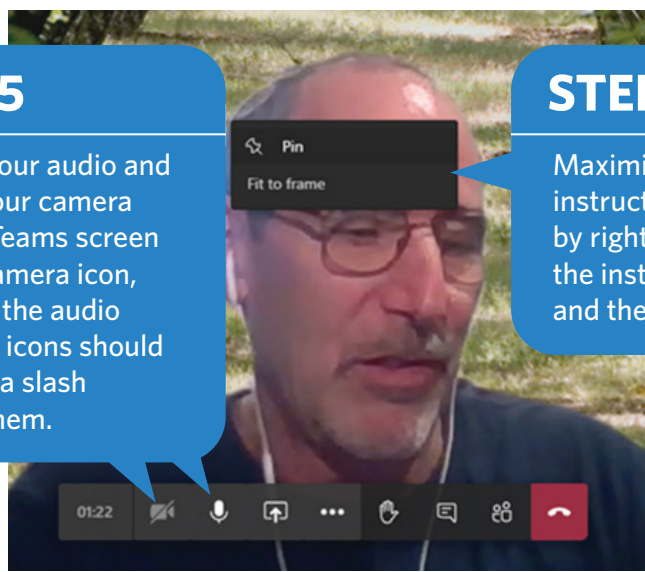






STEP 3

Click here.



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.

STEP 4

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