

A FEW THINGS TO NOTE ABOUT ONLINE CLASSES



- Zoom works best if nothing else is using your internet at home (i.e.: others playing online video games, other zoom meetings at the same time, Netflix etc). An overload of your internet could cause your screen to freeze or a loss of connection.
- Zoom works best if no other application is running on the device

DEVICE

A laptop (or desktop computer) is ideal if possible. The screen will be bigger and allow you to see the teacher and follow along better. If you do not have a camera on your computer, then you can use a tablet or even a smartphone. You can also connect or mirror to your TV. To see how click the links below.

To connect to your TV:

https://www.youtube.com/watch?v=HLE_Qcy3z50&feature=emb_logo

To mirror to your TV:

https://www.youtube.com/watch?v=zM_pumwgnJk



ACCESSING YOUR CLASS

You received the direct private link to the class in this email. You can click on it or use your Zoom application and enter the "meeting ID and password". The access link and ID/password will be the same every week for this class so please save it.

ABOUT CLASS

Please be on time for class and dress in a comfortable outfit as you would when in an in-person class.

Log in 5 minutes before class. You will be placed in the THT waiting room until the trainer lets you in.

Please write your first name and initial when you log in. This is necessary for us to take attendance. If it says "Ipad 1" or another name at the bottom left of your screen it will take us more time to see who is entering class.

All participants must stay on mute so as not to interrupt the trainer. If you have a question before or after the class please raise your hand or your virtual hand and the trainer will control the mute function to allow you to speak. There will be no questions during class unless it is an emergency.

For parents of younger participants please help them set up their camera so they can be fully seen by the trainer. Please ask your child not to touch their screen afterwards so they don't accidentally unmute themselves or move their camera.

TRAINING SPACE

If you can, please clear a space for you to move around safely. You don't need much room as long as you can lay down flat on the floor and extend your arm fully on both sides you should be fine.

Our classes are based on body weight so no equipment is needed; however, we will have alternative using light weights or a chair if you'd like to use equipment.

If you are looking to buy any equipment please click on the link below and we will deliver it to you:
<https://totalhometraining.com/shop/>



THANK YOU AND STAY SAFE