

Louisville Recreation & Senior Center Zoom Fitness How To & Etiquette:

Effective Sun 4/5, the security protocols to take fitness classes has been updated as follows:

1. ALL participants will have to PRE-REGISTER prior to attending a fitness class.
2. Use the current Zoom class URL or meeting id to access the registration page.
 - a. You will then enter your First/Last name & email address.
 - b. There will be the option to sign up for one or more of the classes.
 - c. You will only need to register once for that specific class format.
3. You will receive another Zoom URL and meeting id to attend that class(es).

*If you take different class formats during the week you will also have to pre-register for those formats.

Upon entering the class, please adhere to the class etiquette guidelines:

1. Please make sure the name of your device is your first & last initial and not a device name. ie Jillian M vs. Ipad4
2. Please share your video and/or audio to check into each class.
 - a. If you do not check in within a timely manner the Instructor and/or Class Monitor will: Call out your name, send a request, and/or start a chat with you to ask for you to start video/audio.
 - b. If you do not comply with either video or audio requests we will remove you from the class in order to have a more secure group setting.
3. After 15-20min into the start of class, the Instructor or Monitor will LOCK the class to all participants. You will not be able to access the class after this point.