



Every Body Balance
live healthier • live happier

Joining a ZOOM Video (Livestream) Class

How Do I Join A Meeting?

Once you register for a class, we will send you an email invitation. *Simply click on the “Join the video class” link to join the class.*

If you have not used Zoom before, you'll can register for free at zoom.us/signup. Registering for a free account will simplify the process of connecting for your classes.

Once you have received the Registration or Reminder email, wait until 10 minutes before the class start time.

Then simply click on the link that says ‘Join the video class’. A Zoom dialog will open, and you’ll be connected into the class [if prompted, some browsers may ask you to click ‘Launch Meeting” or “Start Zoom Meeting”]. If you see ‘The meeting is scheduled to start shortly”, it will start as soon as the class is starting.

Once you connect to the meeting, you can hover your cursor in the corner of the screen and MUTE or UNMUTE your microphone; you can also turn ON or OFF video. And finally, you can choose “Gallery” view to show all attendees in a grid, or “Speaker” view for the Instructor.

