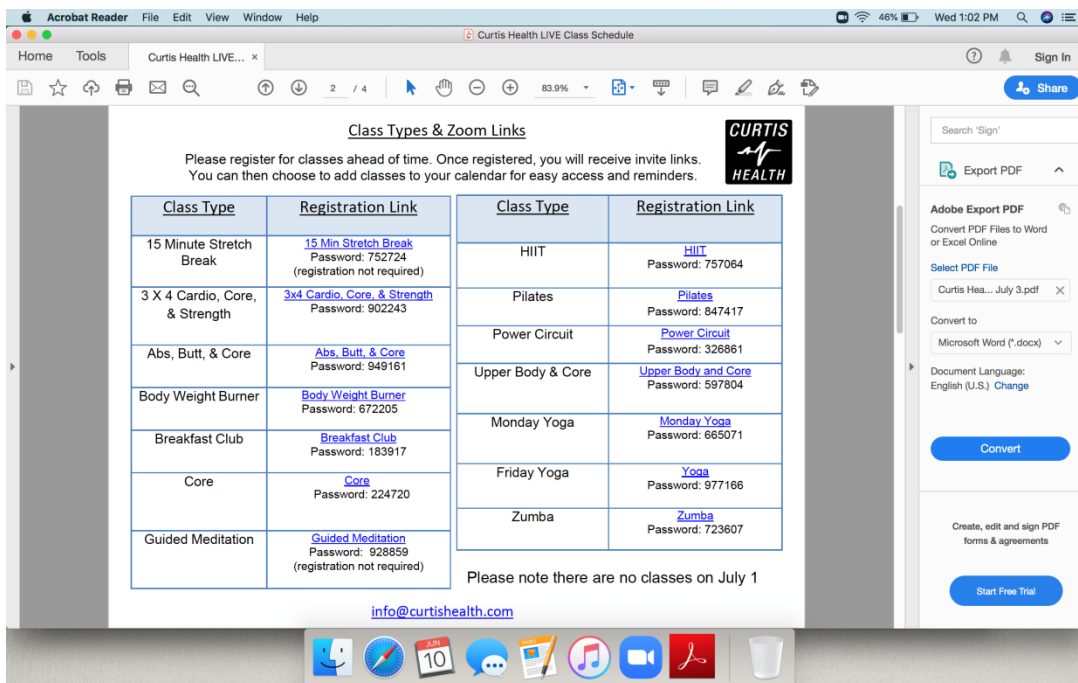


## Steps to Register for & Join our Zoom Classes

Before you begin:

- Ensure you have a Zoom account. Only authenticated user can join.
- Ensure you are using an up to date version of Zoom.
- If your company has any restrictions on using business devices, be sure to use your personal email/device to avoid any potential blocks to Zoom.

**Step 1)** Click on desired registration link on the schedule.



**Class Types & Zoom Links**

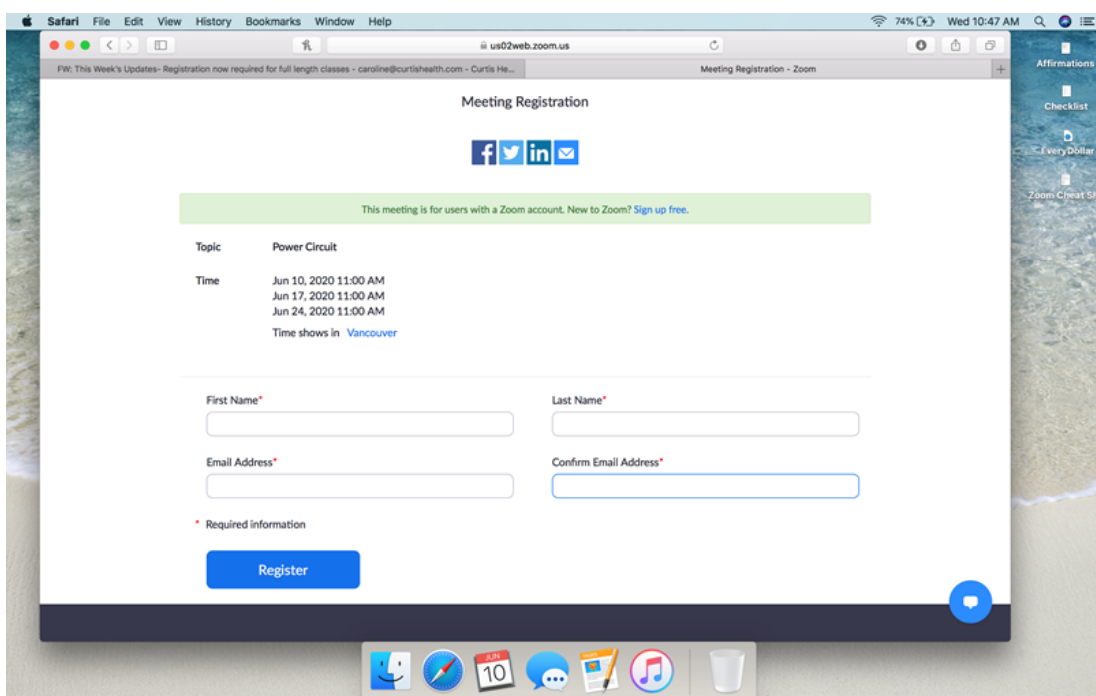
Please register for classes ahead of time. Once registered, you will receive invite links. You can then choose to add classes to your calendar for easy access and reminders.

Class Type	Registration Link	Class Type	Registration Link
15 Minute Stretch Break	<a href="#">15 Min Stretch Break</a> Password: 752724 (registration not required)	HIIT	<a href="#">HIIT</a> Password: 757064
3 X 4 Cardio, Core, & Strength	<a href="#">3x4 Cardio, Core, &amp; Strength</a> Password: 902243	Pilates	<a href="#">Pilates</a> Password: 847417
Abs, Butt, & Core	<a href="#">Abs, Butt, &amp; Core</a> Password: 949161	Power Circuit	<a href="#">Power Circuit</a> Password: 326861
Body Weight Burner	<a href="#">Body Weight Burner</a> Password: 672205	Upper Body & Core	<a href="#">Upper Body and Core</a> Password: 597804
Breakfast Club	<a href="#">Breakfast Club</a> Password: 183917	Monday Yoga	<a href="#">Monday Yoga</a> Password: 665071
Core	<a href="#">Core</a> Password: 224720	Friday Yoga	<a href="#">Yoga</a> Password: 977166
Guided Meditation	<a href="#">Guided Meditation</a> Password: 928859 (registration not required)	Zumba	<a href="#">Zumba</a> Password: 723607

Please note there are no classes on July 1

[info@curtishealth.com](mailto:info@curtishealth.com)

**Step 2)** This will open a registration page. Enter your name and the email you wish your class invites to go to, then select “Register”.



**Meeting Registration**

This meeting is for users with a Zoom account. New to Zoom? [Sign up free.](#)

Topic: Power Circuit

Time: Jun 10, 2020 11:00 AM  
Jun 17, 2020 11:00 AM  
Jun 24, 2020 11:00 AM  
Time shows in Vancouver

First Name\*

Last Name\*

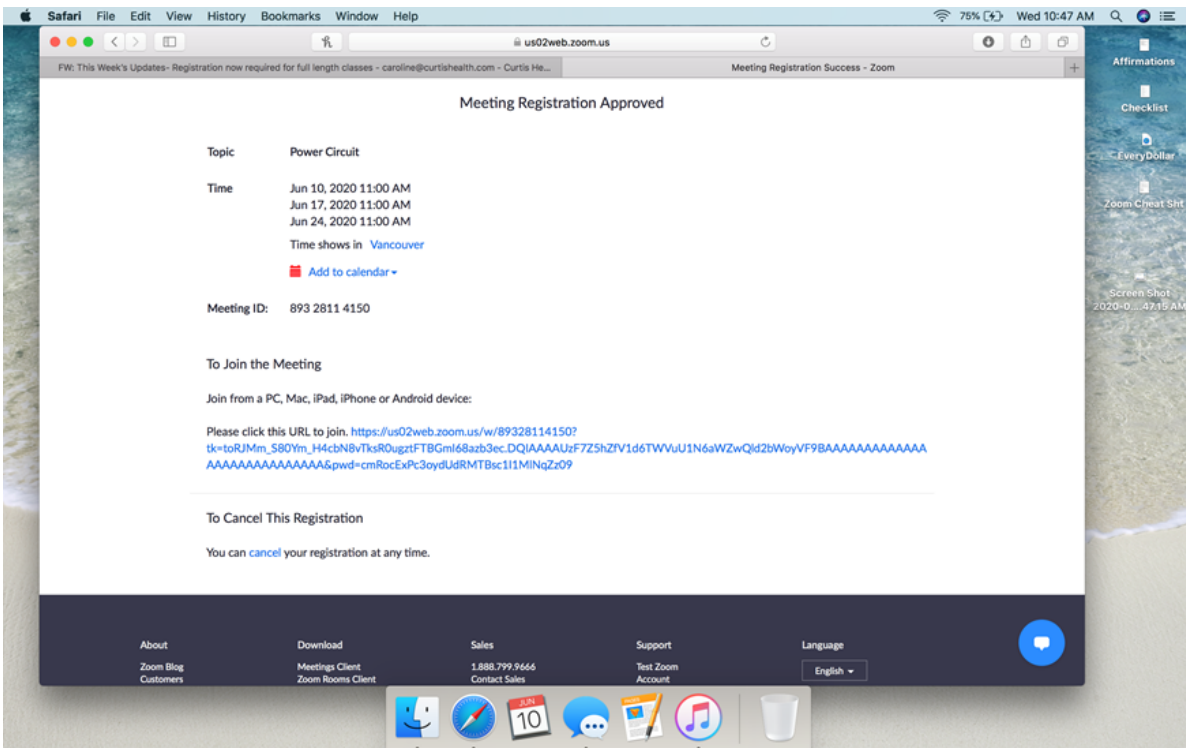
Email Address\*

Confirm Email Address\*

\* Required information

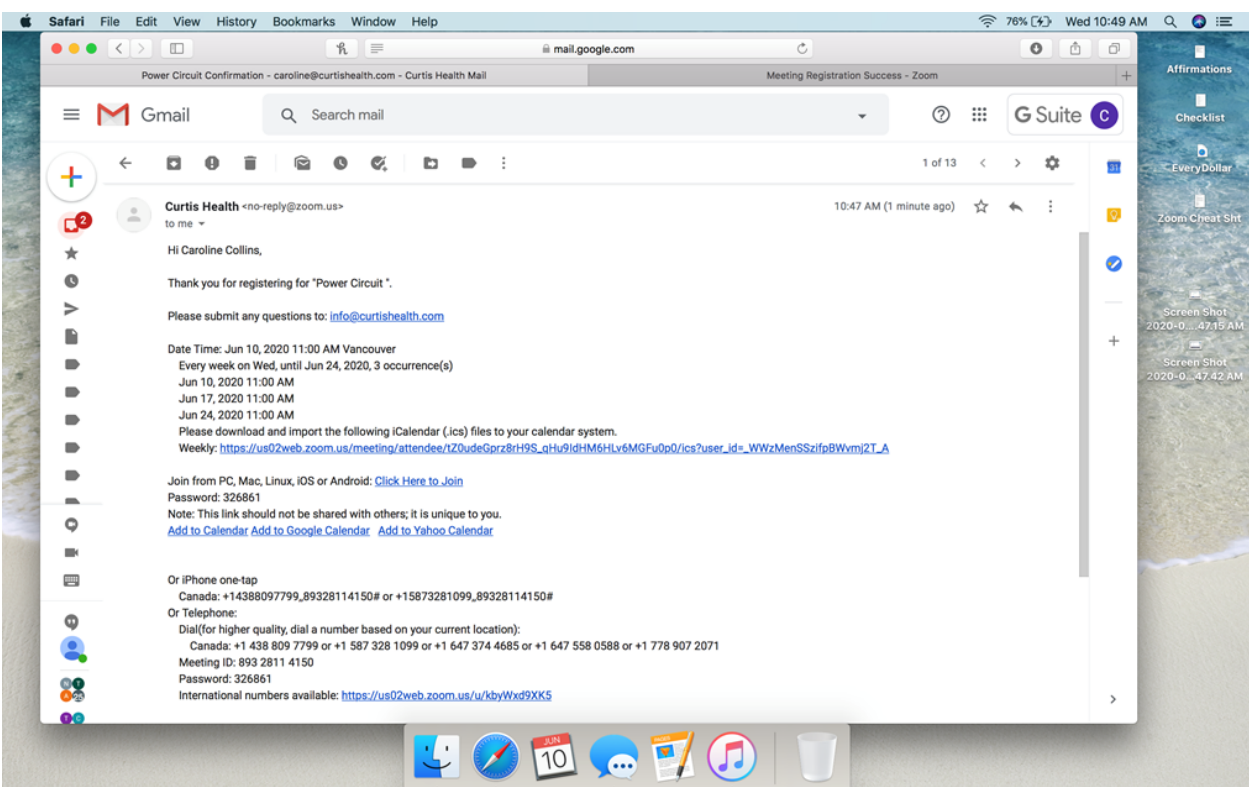
[Register](#)

**Step 3)** A page will come up that says “Meeting Registration Approved”. If you are having issues with any of the above steps, try using a different browser.



**Step 4)** Don't do anything else on this registration page, close.

**Step 5)** Go to the email address you indicated on the registration page. You should have received an automatically generated message from Zoom with the invite for that particular class series for the month.



**Step 6)** From here you have the option to add to your personal calendar if you wish. If you do not add to your calendar, keep the email message from Zoom to reference the link when needed. Do steps 1-7 for any classes on the schedule you wish to participate in.

**Step 7)** When it is time for the class to start, select the “Click here to Join” link provided in the automatically generated email from Zoom for that particular class, or directly from your calendar.

**Step 8)** Enter the password provided in your Zoom message if prompted to do so.

**Step 9)** Please only click on the “Join link” when it is time for class (a couple minutes before is okay), otherwise you will get an error prompt. All classes are live, so please ensure you are accessing on the correct day. Links will not lead to class recordings.

If you have followed all these steps and are still having issues please don't hesitate to let us know. We're here to help!

The Curtis Health Team