

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.

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		15 Minute Stretch Break	15 Min Stretch Break Password: 752724 (registration not required)	HIIT	HIIT Password: 757064		or Excel Online Select PDF File
		3 X 4 Cardio, Core, & Strength	3x4 Cardio, Core, & Strength Password: 902243 Abs, Butt, & Core Password: 949161	Pilates	Pilates Password: 847417		Curtis Hea July 3.pdf X
		Abs, Butt, & Core		Power Circuit	Power Circuit Password: 326861	•	Microsoft Word (*.docx) 🗸 🗸
		Body Weight Burner	Body Weight Burner Password: 672205	Upper Body & Core	Upper Body and Core Password: 597804		Document Language: English (U.S.) Change
		Breakfast Club	Password: 672205 Breakfast Club Password: 183917	Monday Yoga	<u>Monday Yoga</u> Password: 665071		Convert
		Core	Core Password: 224720	Friday Yoga	Yoga Password: 977166		
		Guided Meditation	Guided Meditation	Zumba	Zumba Password: 723607		Create, edit and sign PDF forms & agreements
			Password: 928859 (registration not required)	Please note there are	e no classes on July 1		Start Free Trial
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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".

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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.

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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