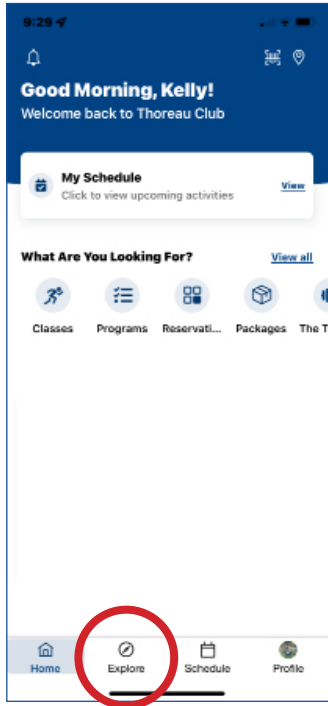
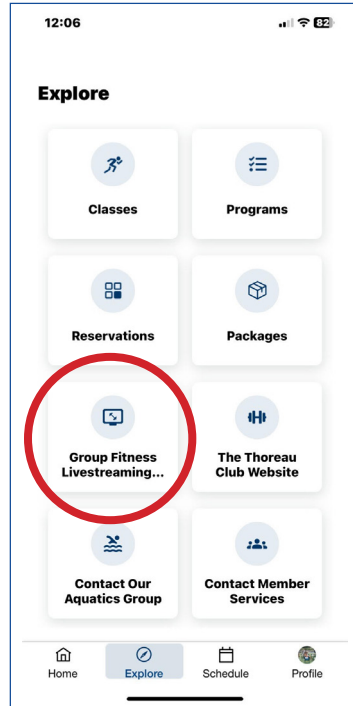


# How to Livestream Group Fitness Classes

1. Welcome to your home screen.  
Select "Explore".



2. Select "Group Fitness Livestreaming".



3. Enter the current password.  
If you do not know the current password please contact the front desk.

Document: Livestreaming Group Exercise

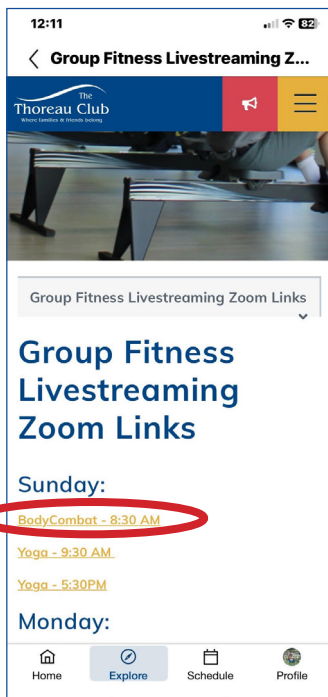
Requires a Password to Continue.

Content Password

Content:

Password:

4. Scroll down to select the time and day of your class.



5. Enter in all of the required information then click "Register".  
If you are using a mobile device the zoom link will be sent to your email.

Topic: Bodycombat

Time: Please choose only one meeting to attend.  
Mar 5, 2023 08:30 AM  
Time shows in Eastern Time (US and Canada)

First Name\*

Last Name\*

Email Address\*

Confirm Email Address\*

\* Required information

Information you provide when registering will be shared with the account owner and host and can be used and shared by them in accordance with their Terms and Privacy Policy.

## Enjoy your workout!