



## Accessing your online exercise class

### How to access your exercise class:

1. Download the free 'Zoom' app on your phone or device. (Note: You DO NOT need to sign up for an account or log in to an account.)
2. Open the email from BeachLife Physio titled 'Please join Zoom meeting in progress'.
3. Click on the link in the email.
4. The app will open and give you a few prompts, respond as follows:
  - a. 'Join with Video'
  - b. 'Call using Internet Audio'
5. The screen may be black, wait for the physio to start meeting - the picture should come up automatically.
6. Change your screen to be able to see everyone in your class by:
  - a. Swiping the screen left if you are on your phone, or
  - b. Clicking 'gallery view' if you're on an iPad, tablet or computer.

