

TIPS: HOW TO PARTICIPATE IN FIT FOR THE HOLIDAYS

Thank you for registering for Fit for the Holidays 2024! We are excited to have you try new classes, explore different instructors, and stay active during the holiday season! Please review the following information on how to participate in virtual classes.

Please save the attached Fit for the Holiday schedule which includes the Zoom links to the virtual classes. We suggest you test your device BEFORE class starts to ensure it's ready by clicking [here](#). A Zoom account is **not** required if you are strictly wanting to join a class as a participant.

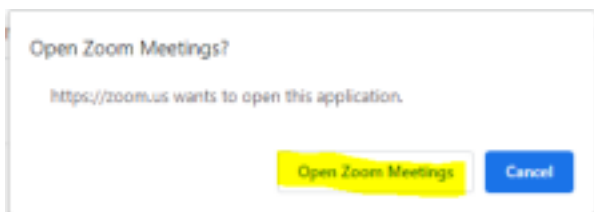
How to participate in a virtual class:

1. Open the attached Fit for the Holiday schedule and find the virtual class you would like to participate in.
2. Click on the link that says “**start class**.” You can join the virtual class up to 10 minutes before the start time of the class. You may have to download the schedule for the “start class” link to work.

Activity	Day	Time	Instructor	Date	Equipment Needs	Zoom Link
Core Flow	Monday	7-7:45am	Grace H.	December 16, 23 & 30	Mat	Start Class



3. An internet browser will pop up and ask “Open Zoom Meetings,” click “**open Zoom meetings**”



4. A waiting room box will appear until the instructor arrives. Sit tight.
5. If a password is requested, please use **MSCRfit!**
6. Only registered participants will be allowed to enter.

We have great virtual resources available to answer any questions you have. Frequently asked questions and Zoom resources can be found [here](#) under the last bullet “How do I access a Virtual Class?”

If you have any additional questions, please call 608-204-3000.

Happy Holidays!