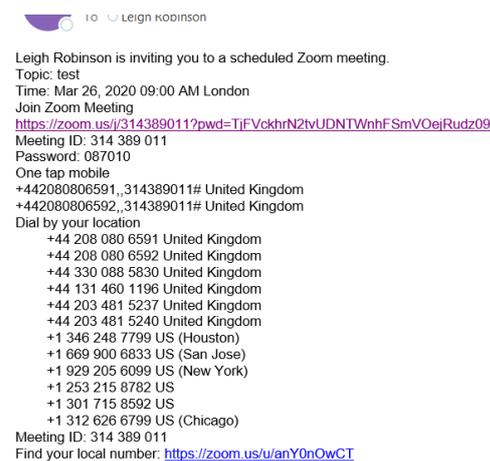


[A Quick Guide to joining our online Pilates classes](#)

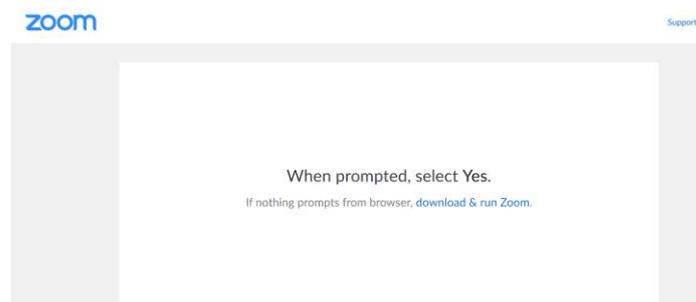
Thank you so much for registering for online classes with your Body Control Pilates teacher.

We will be using Zoom (www.zoom.us) for these classes – if you have used Zoom before you will know exactly what to do and that it's very easy to use. There are no Zoom charges for you to pay to join a class.

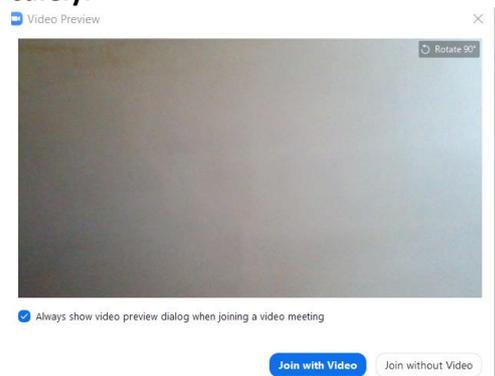
If you're new to Zoom, you will receive an emailed invite from your class teacher. This may arrive a day or so before your class and it includes the specific ID for your class (it's called a meeting on Zoom!). It will look like this:



All you need to do is click on the link to join the class. You may then see this screenshot or it may load automatically:



A Preview pop-up will then appear – see below. Click on 'Join with Video'. If your internet signal is not great, you can 'Join without video', but this means that your teacher will not be able to see you. It will be an audio class for you, so please take extra care to exercise safely.



We suggest clicking on that link maybe 30 minutes before the class to check that all is working. If you don't have the Zoom app downloaded to your laptop or tablet, there is an option for you to join via the web.

If you have any problems, drop an email to the teacher running the class. They'll do their best to help, but they are not trained as technical support! Please respect though that they have to get prepared to start the class promptly.

Hopefully your internet signal will behave on the day. Please have the sound on your laptop/tablet/phone turned up so that you can hear the teacher. Please check that your webcam/camera is on so that they can see you (it is automatically on unless you've set it otherwise).

Place your device somewhere where you can easily see the screen – your teacher will let you know if you need to move it slightly so that they can see you rather than your wine rack.

Try to make sure that you are working out in a quiet space (not easy at home these days, we know!) and that you have the necessary room around you to work safely.

Please have any equipment (if suggested) ready beforehand.

Please listen carefully to the teacher's instructions and, above all, take responsibility for your own body. If an exercise is not comfortable for you, please don't do it!

Please note that the class will start on time.

Apologies, but it is Body Control Pilates Association policy not to allow recordings of classes.

Above all, breathe, relax and enjoy your class!

And finally..... please feel free to pass the word on to family, friends and colleagues as we would love them to join you and help us keep everyone moving during this passing storm. Thank you!