

Your Zoom online experience

www.apandpilates.com

Your Zoom online experience is multi-faceted.

Here's some simple guidelines to provide you to having a positive quality experience from both sides 🙏🙏🙏🙏🙏

1. **WANT TO ENGAGE:** Firstly you want to respect and WANT to engage & enjoy what your Instructor/teacher is offering and skilled at. You need to feel confident and safe working with them. (first time? - join with an open mind, if recommended by someone you trust, still join with an open mind and give it your full attention - turn off alerts & other distractions)
2. **BE ORGANISED:** You need to be organised from your end - things to do in advance **a)** once you have joined Zoom (free) and if on a mobile device installed the Zoom App. **b)** Check you have the correct invite link and PW for the Class/Session (you can pop it in your digital diary on your phone in the correct time & day with an alert alarm giving you time to set up **c)** With a movement/exercise class - clear a space and have ready whatever equipment you know is required eg. A mat, towel & water **d)** Log on and into the session at least a few minutes prior as often you will be in a waiting room and the instructor will need to admit you BEFORE the actual starting time + it is great to say hello and be a community for a couple of minutes before the class kicks off & the teacher may have some reminders or update info for you as well.

3. **LOG IN AND START:** Start in 'Gallery View' (squares of participants and the instructor evenly on the screen) to say hello - but be sure to switch to 'Presenter View' once the class commences (full screen of the teacher) generally it's not necessary to see the other participants but you want the clearest biggest view of the instructor/teacher.
4. **CAN THE INSTRUCTOR SEE YOU?** You may need to adjust your device during the class if you want the teacher to see you well - this takes a bit of practise. If familiar with the format of the class, you may know when to adjust the view of yourself, eg. when standing upright or lying on the floor.
5. **SOUND** - be sure to check the volume on **your** device is loud enough, but also if it's a class with music, you can put 'Original Sound ON' which may help have less distortion from your end, for voice with music (top left cnr).
6. **MUTE & QUESTIONS:** Generally you will be muted for a group class so there is no distraction from the Instructor, however if there is anything that you felt could be improved or you want to ask a question, you can unmute yourself when the class concludes. Sometimes by sharing questions about tech especially - others may learn something they didn't know or realise either.
7. **FEEDBACK:** Giving the Instructor positive feedback is also a great idea - whether it be a quick message via text or FB Msgr. Remember often they are alone & giving a lot of their energy and skills via the online platform and appreciate you sharing with them too.
8. **SHARE THE LOVE:** If you love your classes and the person guiding, teaching and delivering them, share some positivity about that via your own FB/Instagram Page or if they are offering a FREE trial class, let others know. No one can be out there generating new clients in this new Covid-19 pandemic world (esp Melbs in lock down right now) - but by existing loyal ones sharing the love, is a great way to give back & help their business survive. This instills a community strength, generosity, kindness and feeling supported from both sides 😊👤💜

Happy Zooming!

APT's next FREE Zoom unique Class experience details, are on the website now!



APT PERSONAL TRAINING & PILATES

0412 585181

www.aptandpilates.com

Follow us on

