**How to get ready for online classes at Fitness with Alison.** version 6. 24 June 2021

Before you join me for your first online class at Fitness with Alison, there are a few things you will need to do. I will make it as simple as possible.

# 1. What does live-streaming mean?

The classes are live, like live television programmes. We meet up online at an arranged time and the class will start. We are all in our own homes in front of our devices with our fitness gear on! The class is broadcast (“streamed”) online as it is actually happening and you will be able to see me and hear my instructions.

The class will not be recorded so you can’t re-watch it, or pause it, or stop it part-way through.

# 2. To take part in classes, you will need:

1. **A device like a laptop or tablet that you can connect to the internet.** You may even be able to do this on your smart TV. A phone screen probably won’t be big enough to see me on. Make sure you can play something like this [video](https://www.youtube.com/embed/vFhAEoCF7jg?rel=0&autoplay=1&cc_load_policy=1) loud enough and your device’s speaker isn’t on mute – have it on loud. We will be using [zoom](https://zoom.us/) to get our live online classes but please don’t worry about that at the moment.
2. **Space in your home where you can put your device and see it while you exercise**, without falling over coffee tables, cats etc. Think about how to avoid running out of battery part-way through. Remember you will be lying on the floor at some points. You could move your device to a different place when you lie down, if you need to.
3. **Access to the online class via** [**zoom**](https://zoom.us/)**.** It is like Skype. It is best to get Zoom now rather than wait ‘til the last minute. You need to download it onto the device you are going to use:

• Android. If your device is an android one, you can download the zoom app from the Google Play Store where you normally get apps from. [https://play.google.com/store/apps/details?id=us.zoom.videomeetings](https://play.google.com/store/apps/details?id=us.zoom.videomeetings%20)

• Apple. If you will access the classes on an i-pad/i-phone you can download the zoom app from the app store where you normally get apps. <https://apps.apple.com/gb/app/zoom-cloud-meetings/id546505307>

• Windows/ Mac. If you are going to use your Windows or Mac laptop, you can download zoom from <https://zoom.us/download> Click on the blue rectangle with the words “download” on it under the heading.

1. **The ability to do a bank transfer or post me a cheque** in payment for your classes at the end of the month.
2. **Determination**. I had never used this system before so it was all new to me as well, back in April 2020. These have been really hard times for us all but I think they will be made better by being able to exercise together in this way.

When you have got all that sorted, you are ready to access online classes on Zoom.

# 3. How to access online classes – do this well before the class you want to attend.

1. Go to my website and see the list of classes. They will be under “Online Classes”. The link is here: <https://www.fitnesswithalison.com/online-classes>
2. There will be a different link for each class. You will be able to see the times and dates. Decide which one/s you are attending and note them down on your calendar. Something to look forward to!
3. Please watch this video to see how to join a meet-up. Here is the link: <https://youtu.be/hIkCmbvAHQQ>. You can pause it and re-watch it as much as you like.
4. If you prefer to follow written instructions, there is a page of instructions on Zoom about this: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>. It tells you how to access a Zoom meeting for all different devices, Windows/Mac, Android etc. Scroll down and click the headings to read the bit that is relevant to your device.
5. You can practise by joining a test session. Here is the link to do that: <https://zoom.us/test>

Remember, you will not receive an email inviting you to the classes. Also, you do not have to be a member of Facebook. You just go to my website before the class takes place, go to “Online Classes” and, shortly before the class starts, click the link to take you there.

# 4. Disclaimer

Participating in a live-streamed class is very different to participating in a class face to face with the instructor. Whilst both are fun, there is a bigger responsibility to you as the participant to ensure that you are following my instructions to get a safe and effective workout.

If you take part in any online class with me, that denotes acceptance of the waiver which you can find on my website: <https://www.fitnesswithalison.com/disclaimer>

# 5. On the morning of the class

When you want to join the class, go to <https://www.fitnesswithalison.com/online-classes>, well before 10:00AM so you are not rushing.

Scroll down to the section which says "Below are the Zoom links to the next online classes".

This is where to find the zoom link for the class. It is next to the date and it says "click here to join in today's class". Click that link before 10:00. You will be put into a virtual “waiting room” before the “doors open” and I let you in to the virtual class itself at 10:00.

You don’t have to do anything in the waiting room, just wait for me to let you in. If you have time, however, it is a good idea to click on the button on your screen which allows you to test your audio settings so you can see if your speaker and microphone are working. You can find out how to do that here: <https://support.zoom.us/hc/en-us/articles/201362283-Testing-computer-or-device-audio>

You may be required to type in a password when you try to access the class. If so, I will have provided you with that password beforehand.

# 6. During the class

You will need to join the class with your audio and video on, otherwise I cannot see or hear you. Make sure the volume on your device is loud enough, it won’t run out of battery (plug it into a socket if you can), and you have a good wi-fi signal and if it is a tablet, have it landscape not portrait.

You will need to wear suitable clothing, have space to move, be at a comfortable room temperature etc.

Be aware that everyone can see and hear each other and what is visible/ audible in the background. However you do not HAVE to have your camera on once the class has started.

It is nice to be able to see everyone at the beginning of a class. To see all participants on your screen you will need to be in Gallery View. You can get instructions to do that on your device here: <https://support.zoom.us/hc/en-us/articles/360000005883-Displaying-participants-in-gallery-view> It is different for each type of device so you will need to click on the heading for your device (e.g. i-pad) and read that bit.

However when the teaching starts, you just need a good clear picture of me on your screen. You can get that by being in Active Speaker View and Full Screen. During the class I will be the only active speaker. Everyone else will be muted. You can read how to get Active Speaker View here: [https://support.zoom.us/hc/en-us/articles/201362403-Active-Speaker-Video-Layout-](https://support.zoom.us/hc/en-us/articles/201362403-Active-Speaker-Video-Layout-%20%20)

Do remember that we are at the mercy of the internet. It is best to do all this Zoom stuff where your wi-fi signal is strongest. However, you also need space to move safely. The main thing is that you can see and hear me when you are exercising. If you have other devices such as phones, switch them off or put them in airplane mode so that are not connecting to your wi-fi. This should help with signal strength to your device during the class.

# 7. Payment

Payment is by “honesty box”, i.e. I am asking you to keep a note of how many classes you attend per month and pay me at the end of the month.

You can pay by bank transfer (in which case please phone me well beforehand for my bank details) or post me a cheque. Cheques are to be made payable to Alison Bayne, please. Ask me for my address if you need to.

## 8. Don’t worry

Don't worry if you have technical problems with Zoom. We've all been there. When you have a moment, before your next class, take some time to iron out the issues by following the points on my help page: <https://www.fitnesswithalison.com/help.> This will be updated as new discoveries are made. ​

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