



Joining our **Virtual Training**

Helpful tips on how to get started

<http://www.takeshape.com.au/virtual-classes/>

Use these helpful tips when you need to access Take Shape's Virtual Fitness Classes. This guide is intended to support your use of the online sharing software Zoom, our Mindbody software, and keep you connected via our Facebook pages.

This will give you the best opportunity to stay fit, active and healthy from your own space.

- The majority of our classes are body weighted, so all you will need is a mat, towel and drink bottle.
- For Spin classes you will need a stationary bike or your own bike mounted on a wind trainer.
- Some other small items that are good to have are a resistance band, some Weights, Pilates Ring or a Kettlebell.

Before you start with a Virtual Session with Take Shape

Booking/Payment

If you would like to join us for a session you will need to go to our website timetable and book a class.

Current Members

Go to your Mindbody Account and book into as many of our virtual classes as you like.

New Members

Take Shape uses Mindbody software for member management. If you do not have an account you will need to create one, make sure you add the correct mobile number as this is how you will receive a link.

Virtual Classes on Zoom (video app)

1. You may be required to download software or a mobile App if you are a first time user. We suggest starting a few minutes early.
2. You will need a computer, tablet, or smartphone with speakers or headphones. You will have the opportunity to check your audio immediately upon joining a meeting.

3. You will receive a text link from TAKE SHAPE's Coach to "Register on Zoom." This simply means to sign into Zoom to access the class.
4. You DO NOT need to make a Zoom account to participate.
5. You will receive a message prior to the class with a link, opening the link will open the class.
6. Set up your station, have your mat, drink bottle and towel ready.
7. If you like to workout to music, set your tunes. You will also need to be able to hear the instructor so don't have it too loud! Remember that you cannot play music and have a video app open at the same time so you will need two sources.
8. Set up your phone or laptop in a position you can see, and that you can be seen, you are likely to be moving up and down and side to side.
9. Make sure there are no obstacles around
10. Make sure your battery on your phone/laptop is full.

Your Session with Take Shape

1. To join the virtual class:
2. At the start time of your meeting, click on the link in your invitation to join via computer or mobile device.
3. Your trainer will instruct the class and interact the same as a normal face to face session. If you have any queries, just call out :)
4. Using the icons in the lower left corner of the Zoom screen, you can:
 - Mute/Unmute your microphone - You can mute and unmute your microphone. The host also has the ability to mute you. If you click on the arrow next to the mute button, you will have additional options for audio settings.
 - Turn on/off camera ("Start/Stop Video")
 - View Participant list – opens a pop-out screen that includes a "Raise Hand" icon that you may use to raise a virtual hand
 - Change your screen name that is seen in the participant list and video window
 - Share your screen



After your session

1. When the session has finished simply press leave in top right hand corner
2. Share any positive feedback about the class to facebook or your instructor
3. Tell your friends
4. And book your next class

Now try a pre-recorded Online Class, or ask us about some Virtual Personal Training :)

Frequently Asked Questions

How fit do I need to be?

The best part of virtual classes is that they still can be tailored to different fitness levels by your instructor, but if you aren't confident with basic exercises like pushups, squats and lunges, try our beginners classes. If you want more of a work out, ask your instructor and they can tell you where to add weights or make it harder

What's included in my 7 day trial?

You will be able to book 7 days of virtual classes, from Yoga, Spin (if you have a bike), Core and Bootcamp classes

What if I want to stop during the class?

You can leave the class at any time by just pressing the leave button on the top right hand side.

What if I have an injury?

Let your instructor know at the beginning of the class and they will modify exercises

What equipment do I need to have?

The majority of our virtual classes are body weight, so you will need a towel, mat and water bottle. Some other small items may be used like, a small weight, roller, spikey ball you will be notified in the text with the link if any other gear is needed - [Browse our shop](#)

Can others in my household join?

Absolutely. Any members from your household can join. Virtual classes are otherwise NOT to be shared.

Can you tell me more about your memberships?

We have our unlimited class membership which allows you to book into as many Virtual Classes, Online Classes as you like within 28 days. This membership rolls from one month to another. You can stop at any time, and suspend if you need. There is no minimum period. This will need to be set up with one of our staff, ask your instructor

Where is the best place to find out what's happening?

Our website will have general information and most updates. However for any last minute changes or information, please see our FaceBook [Take Shape Wellness](#) page for the latest and most up to date information.