

Getting Started with Zoom to Participate in Online Fitness Classes

I want to participate in the Recreation Services Online Fitness Classes, what do I need?

You will need:

- A computer with access to high speed internet.
- Speakers/earphones to be able to hear the instructor.
- A microphone and/or webcam to be able to participate with audio and/or video if you wish to.

For a list of computer requirements including operating systems, devices, browsers, etc., see here:

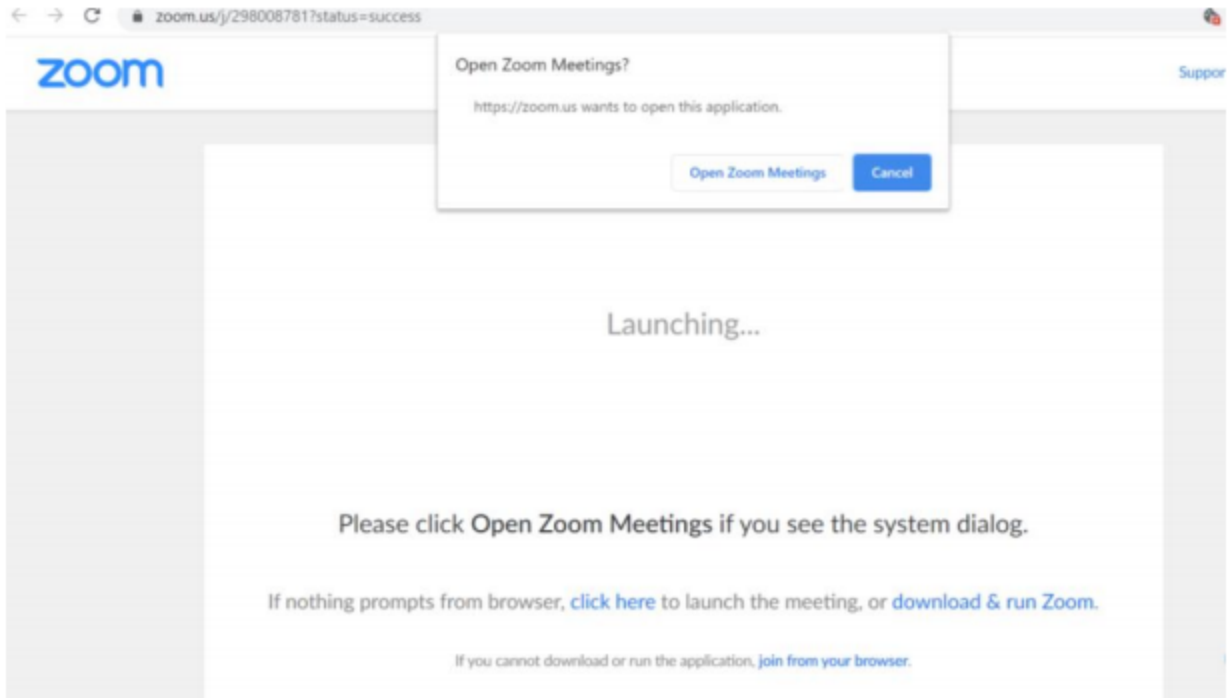
<https://support.zoom.us/hc/en-us/articles/201362023-System-Requirements-for-PC-Mac-and-Linux>

How do I access Recreations Services Zoom Fitness Classes?

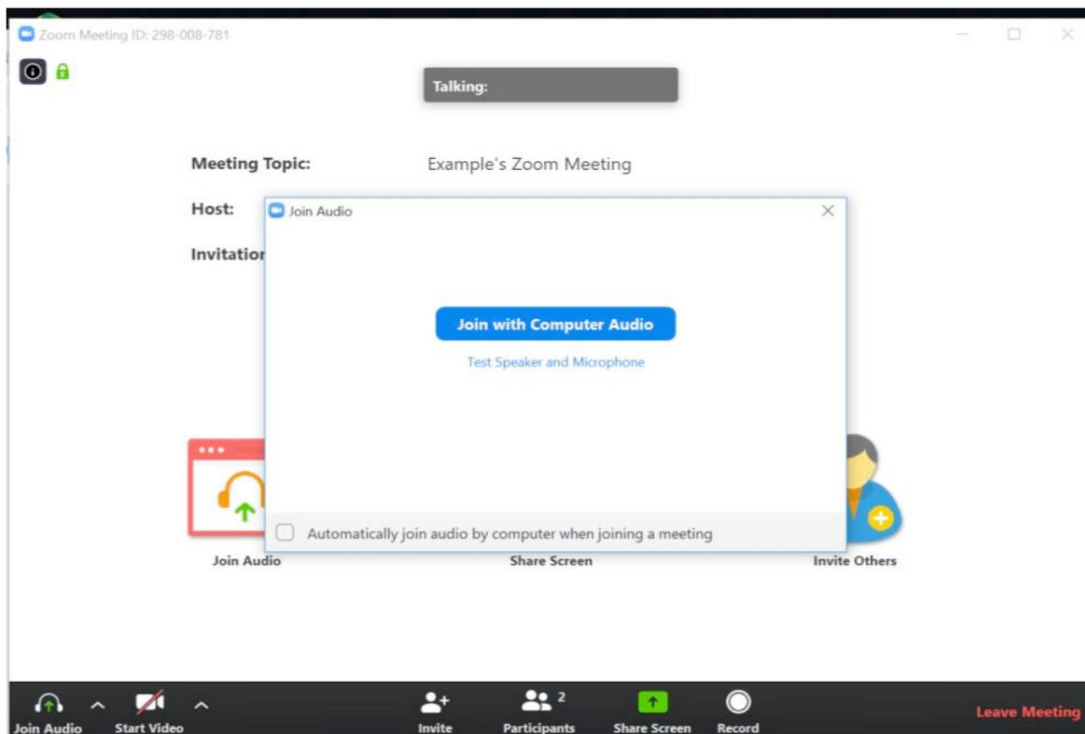
- Check the Virtual Fitness Class Schedule [HERE](#)
- Go to: <https://zoom.us/join>
- Enter the meeting ID for the class you want to participate in (all meeting ID's are located on the schedule)
- Enter the meeting password - **UWinnipeg**

What happens when I click the Zoom link?

- The Zoom desktop app will download automatically to your computer when you start or join your very first Zoom meeting. You may need to install it - follow the prompts. Then click to Join Meeting.
 - o NOTE: You **DO NOT** need your own Zoom account to participate. You **DO NOT** need to sign in on the Zoom website.
- The next time you join a Zoom meeting, the Zoom app will automatically launch (see image below). Click the Open Zoom Meetings button:



Once the Zoom app has launched, you can choose to test speaker & microphone and/or join with computer audio:



Can I use Zoom on my mobile device?

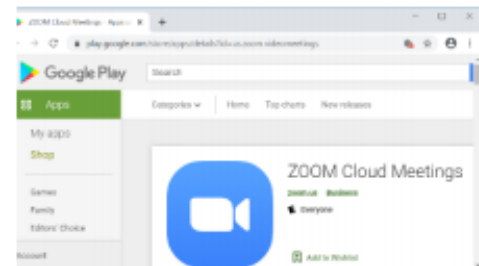
Yes, prior to accessing the **URL Link** from a mobile device, download the appropriate mobile app:



iOS Zoom mobile app – download from the App store:

<https://apps.apple.com/us/app/id546505307>

Android Zoom mobile app – download from the Google Play store:



<https://play.google.com/store/apps/details?id=us.zoom.videomeetings>

Please ensure your mobile device is supported, including WIFI/network and browser requirements. Check the requirements here:

<https://support.zoom.us/hc/en-us/articles/201179966-System-Requirements-for-iOS-iPadOS-and-Android>

Meeting controls are dependent on how you access the zoom fitness class – using the computer or a mobile device. NOTE – not all controls may be visible; they may be disabled.

For a detailed description of the meeting controls on computer or mobile devices, please see:

<https://support.zoom.us/hc/en-us/articles/200941109-Attendee-Controls-in-a-Meeting>