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.
 - 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:

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

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Can I use Zoom on my mobile device?

Meet Happy Zoom

Free

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

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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