Before you start

In order to join our Pilates classes on-line you will need:
- A computer with a camera & microphone - lap tops seem to be the easiest to use but you can also use a pc, tablet/ipad or smart phone
- Sufficient internet connection to play live video
- A space where you have got room around you (stood up & laid on the floor) to open your arms out to the side & above your head
- A mat (or something to lie on) and a head cushion or folded towel to support your head (aim for the similar height to what you use in class)

Joining the session

I will send you an invite by email, it will look like this:

> Topic: Pilates@Muir of Ord Early Class
> Time: Mar 30, 2020 05:50 PM London
>
> Join Zoom Meeting
> https://us04web.zoom.us/j/937746302?pwd=cnxxxxxxxxxxxxxxxxxxMThHZz09
>
> Meeting ID: 937 746 302
>
> Password: MoOearly

You can either click the link …

…or, if you have the app you can open the app and enter the meeting id

You will also need to enter the password

If it is the first time you have used Zoom

- If this is the first time you have used Zoom you will be asked to install Zoom (laptop) or load the app (tablet/phone).
- You might be asked to agree to 'cookie' settings.
- Please allow a bit of extra time before joining to go through that & also to check that Zoom can access your camera & microphone (you might to go into your 'settings' to do that).

You can watch a quick preview of how to join a meeting here ttps://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-

Settings once in the session

You can control your audio/video screen view by using buttons on your screen

The controls appear in slightly different places depending on what device you are using (eg lap top - bottom left, iPhone - bottom, iPad - drop down menu top of screen)
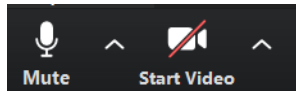
Use these buttons to control your audio & video

- **You will need to turn both on when you join the session**
- A red line though them means no-one can hear or else see you
- You can test your audio & video before you 'go live' by using the little 'up' arrows next to each icon so you are happy with volume, how you appear on screen etc.
- When we are exercising in class, I'll put you on mute so we'll not be interrupted by background noises from anyone.

Use these buttons to control your view on the screen

- You can chose how to view the session - '*gallery*' where your screen will show a picture of everyone on the session, or '*speaker view*' where the main view will be the person who is speaking (hopefully me!) with much smaller pictures of everyone else.
- **During our class select speaker view** so you can see me more easily, but at the beginning & end you might want to swap to 'gallery' to see everyone else for a quick wave!

Getting the most from your session

Like in a face to face class, I'll be teaching by describing exercises & watching you doing them so *I need to be able to see you*!

- Ideally, I need to be able to see you:
  - stood up
  - a side view of you lying down
- Please have your lights on if your room is a bit dark

I will try to demonstrate the exercises a bit more so they are easier for you to follow at home. You will need to be able to hear me and see me – please check your volume settings/speakers to ensure you can hear me OK.

Feedback
I want the sessions to be as good as they can be for all of us. If you have any feedback about what works well or what could be improved, please let me know – Thank you!