Louisville Recreation & Senior Center Zoom Fitness How To & Etiquette:

Effective Sun 4/5, the security protocols to take fitness classes has been updated as follows:
1. ALL participants will have to PRE-REGISTER prior to attending a fitness class.
2. Use the current Zoom class URL or meeting id to access the registration page.
   a. You will then enter your First/Last name & email address.
   b. There will be the option to sign up for one or more of the classes.
   c. You will only need to register once for that specific class format.
3. You will receive another Zoom URL and meeting id to attend that class(es).

*If you take different class formats during the week you will also have to pre-register for those formats.

Upon entering the class, please adhere to the class etiquette guidelines:
1. Please make sure the name of your device is your first & last initial and not a device name. ie Jillian M vs. Ipad4
2. Please share your video and/or audio to check into each class.
   a. If you do not check in within a timely manner the Instructor and/or Class Monitor will: Call out your name, send a request, and/or start a chat with you to ask for you to start video/audio.
   b. If you do not comply with either video or audio requests we will remove you from the class in order to have a more secure group setting.
3. After 15-20min into the start of class, the Instructor or Monitor will LOCK the class to all participants. You will not be able to access the class after this point.