

AtHomeBeFIT Guidelines and Commitment for Online Group Classes

- 1) It's easy to join in! Download the Zoom app onto any devices that you'll use to view the classes, allowing for your full participation in the live-streaming workouts.
- 2) Try out one class for free. Simply sign up for a single class that you'd like to attend, get the link and give it a go.
- 3) Go ahead and commit to a regular exercise schedule, where you'll meet with your instructor, Lisa, in each live-streaming class. Select to meet her weekly by choosing a tier that fits your needs: 1x, 2x, 3x, 4x, or choose an unlimited class selection per week schedule.
- 4) Great, you're committing to exercise on a month-to-month basis. Fees are paid in full and in advance, prior to beginning any class or selection of classes. Once payment is received, you'll receive links to the online classes you've chosen.
- 5) Understand that to gain the most benefit from each class, you'll turn on your camera so that Lisa can offer direct feedback about your performance and form. Remember, you'll need to turn on your microphone when you want to communicate directly with Lisa or seek guidance from her.
- 6) Each month, you'll pre-select classes to attend, meeting live with Lisa and the group at the scheduled time of class.
- 7) For you to have the best experience with exercise, set some goals, and plan to dedicate the time needed to meet these goals. If you decide you want to work with Lisa in a 1:1 setting, or if you have specific questions about your personal goals, you may set up an appointment with Lisa to discuss adding in private sessions. This is often what clients do, experiencing the benefit of doing both private sessions and group classes.
- 8) If for some reason you can't make your scheduled class, you're in luck. Lisa records every class and a copy will be made available within 24 hours of the class. Simply open the link and participate...you'll never miss another workout this way.
- 9) If you're choosing the unlimited tier of classes, you'll rest easy that a class will be offered most days of the week, fitting in a wide range of days and times.
- 10) If you find the class times you chose one month weren't the best for you, simply change them up for the next month. Be sure to try out a class for free, before signing up. (There are no refunds, exchanges, or swapping once the selections are made and paid.)