

HOW TO REGISTER FOR A VIRTUAL GROUP FITNESS CLASS

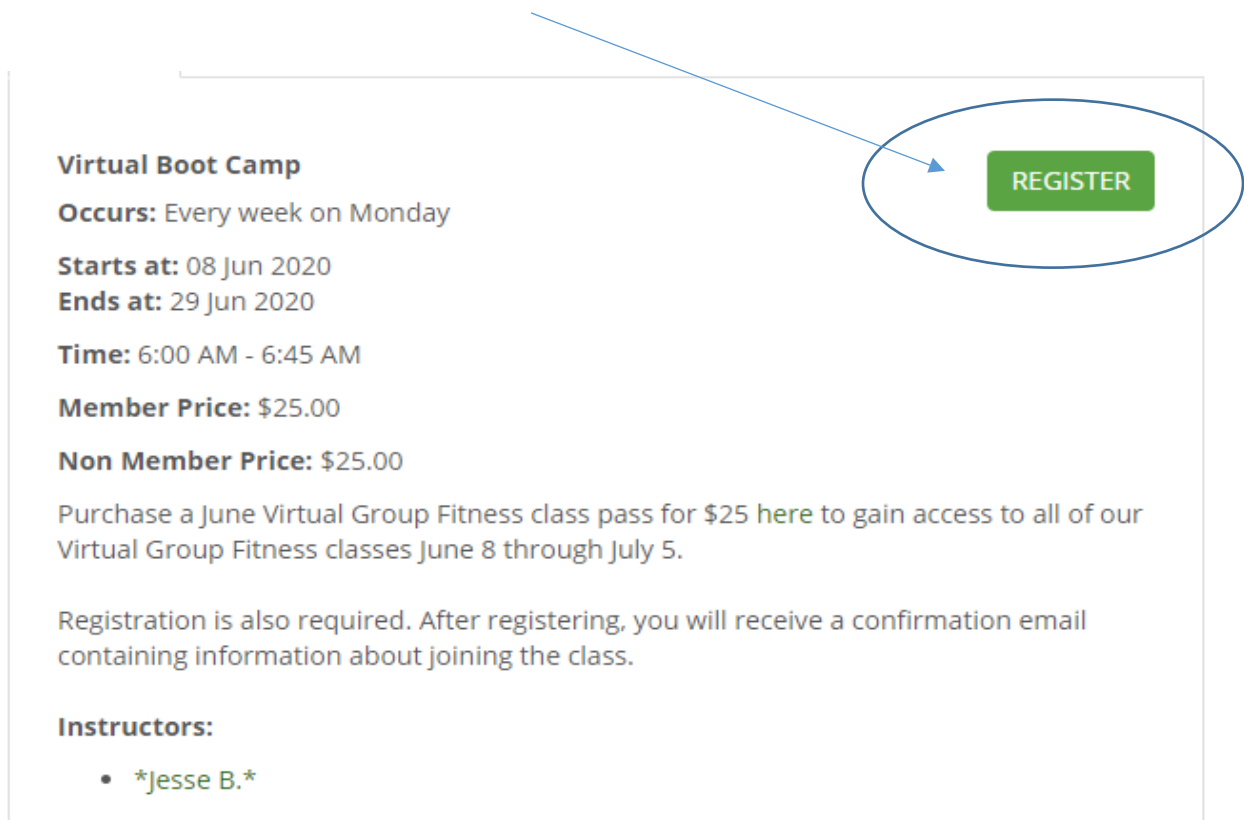
1. Locate the classes you would like to attend.

To see a full list of our Virtual Group Fitness class offerings go to our Virtual Group Fitness page [here](#).

If you would like more information about a specific class type go to our classes page [here](#), and read the details section of that class type.

You must have a Virtual Group Fitness package on your account for the current month to register for classes. ALL VIRTUAL CLASSES ARE INCLUDED. There is no need to buy more than one package. The Virtual Group Fitness packages can be purchased on the *My Wellness* portal [here](#).

2. Once you find your class, click on the green register button to get to the Zoom registration screen.



Virtual Boot Camp
Occurs: Every week on Monday
Starts at: 08 Jun 2020
Ends at: 29 Jun 2020
Time: 6:00 AM - 6:45 AM
Member Price: \$25.00
Non Member Price: \$25.00

Purchase a June Virtual Group Fitness class pass for \$25 [here](#) to gain access to all of our Virtual Group Fitness classes June 8 through July 5.

Registration is also required. After registering, you will receive a confirmation email containing information about joining the class.

Instructors:

- *Jesse B.*

3. Fill out the Zoom registration completely and click the blue register button. The email you provide here is where your confirmation email will be sent. We have noticed some email providers (sbcglobal, aol, hotmail, comcast) are having difficulty receiving confirmation emails. We recommend using gmail whenever possible.

Topic	Boot Camp with Jesse
Description	<p>A Virtual Class Pass is required for this class. You will not be approved to register for the class if you haven't purchased the pass.</p> <p>Please visit the My Wellness portal at galterlifecenter.org to get started. If you do not have a My Wellness account, please call 773-878-9936, ext. 5660 to create one.</p> <p>Every minute counts! Intervals of strength and cardio will take your fitness to a new level. Squat, jump, lunge and burpee your body strong!</p>
Time	<p>Jun 22, 2020 06:00 AM Jun 29, 2020 06:00 AM</p> <p>Time shows in Central Time (US and Canada)</p>

First Name*

Last Name*

Email Address*

Confirm Email Address*

Address*

City*

Zip/Postal Code*

State/Province*

Phone*

* Required information

Register

4. After your registration is approved you will receive a confirmation email like the one below. Approval may take up to 48 hours but will always be checked before the start of classes. **We recommend saving this email or using the provided links to add the class to your calendar so that you can easily access the join link each week.** Your registration to the class and approval is good for the entire month of the class.
5. Use the "Click Here to Join" link to join the class.

Thank you for registering for "Boot Camp with Jesse ".

Please submit any questions to: glcclasses@schosp.org

Date Time: Jun 22, 2020 06:00 AM Central Time (US and Canada)

Every week on Mon, until Jun 29, 2020, 2 occurrence(s)

Jun 22, 2020 06:00 AM

Jun 29, 2020 06:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://zoom.us/meeting/attendee/tJAtce6vpjkiGdwrD53GmcZhqUFukfYhNs3K/ics?user_id=B-T_Onp_RYW6_M4aj0INcQ

Join from PC, Mac, Linux, iOS or Android: [Click Here to Join](#)

Password: 037248

Note: This link should not be shared with others: it is unique to you.

[Add to Calendar](#) [Add to Google Calendar](#) [Add to Yahoo Calendar](#)

Or iPhone one-tap

US: +13126266799,,94067782838# or +13017158592,,94067782838#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 312 626 6799 or +1 301 715 8592 or +1 646 558 8656 or +1 346 248 7799 or +1 669 900 9128 or +1 253 215 8782

Meeting ID: 940 6778 2838

Password: 037248

International numbers available: <https://zoom.us/u/adGFnQelEf>

You can [cancel](#) your registration at any time.

Calendar Appointment View

If you save classes to your calendar you can join from your appointment by clicking on the join link or by dialing in using the meeting ID and password.

The screenshot shows a calendar appointment window titled "Boot Camp with Jesse - Appointment Occurrence". The ribbon includes "FILE", "APPOINTMENT OCCURRENCE", "INSERT", "FORMAT TEXT", and "REVIEW". The "APPOINTMENT OCCURRENCE" ribbon has several groups: "Actions" (Save & Close, Delete, Forward), "Show" (Appointment, Scheduling Assistant), "Meeting Notes" (Meeting Notes), "Attendees" (Invite Attendees), "Options" (Show As: Busy, Reminder: 10 minutes), "Edit Series" (Edit Series, Time Zones), "Tags" (Categorize), and "Zoom" (Zoom).

Below the ribbon, a status bar indicates: "Occurs every Monday effective 6/22/2020 until 6/29/2020 from 6:00 AM to 6:45 AM America/Chicago."

The appointment details are as follows:

- Subject: Boot Camp with Jesse
- Location: https://zoom.us/j/94067782838?tk=dAaeyay8LyMpND_lufP6P-rYxBGwTIC4LsbPlw2tVAU.DQIAAAAV5uB0thZCLVRfT25wX1JZVzZfTTRhajBJTmNRAAAAAAAAAAAAAAAAAAAAAA
- Start time: Mon 6/22/2020, 6:00 AM
- End time: Mon 6/22/2020, 6:45 AM

The main content area contains the following text:

GLC Virtual Fitness is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting
https://zoom.us/j/94067782838?tk=dAaeyay8LyMpND_lufP6P-rYxBGwTIC4LsbPlw2tVAU.DQIAAAAV5uB0thZCLVRfT25wX1JZVzZfTTRhajBJTmNRAAAAAAAAAAAAAAAAAAAAAA&pwd=OUk2R0tKc2txLzMxC

Meeting ID: 940 6778 2838
Password: 037248
One tap mobile
+13126266799,,94067782838#,,,,0#,,037248# US (Chicago)
+13017158592,,94067782838#,,,,0#,,037248# US (Germantown)

Dial by your location
+1 312 626 6799 US (Chicago)
+1 301 715 8592 US (Germantown)
+1 646 558 8656 US (New York)
+1 346 248 7799 US (Houston)
+1 669 900 9128 US (San Jose)
+1 253 215 8782 US (Tacoma)

Meeting ID: 940 6778 2838
Password: 037248
Find your local number: <https://zoom.us/j/adGFnQeIEf>