UNC Total Wellbeing Expo Virtual Fitness Class Offer
Valid through May 31, 2021

Register for your virtual class

- Go to www.uncwellness.com and select Calendar in the menu
- Find the virtual class you would like to register for and click on it to open the description
- In the description, click on the link to register for the virtual class
- A registration window will open. Fill in the requested information and click “Register” when complete. (Answer YES to the question are you a member and enter UNC1234 for your scan code)
- You will receive a confirmation email with the class ID, pass code, and a direct link to join the class.

For the best experience it is recommended you download the Zoom client to your desktop on your computer or the Zoom app to your smartphone or tablet.

Join your class

Option 1

- Click the direct link from your email confirmation
- Click Open Zoom Meetings on the dialog box that appears. If you don’t see a dialog, click Launch Meeting.
- Enter your email and name
- Click “JOIN MEETING”
- Follow the prompts asking whether you would like to join with video & audio
- You will arrive in the waiting room
- Your instructor will Admit you up to 10 minutes prior to the start of class

Option 2

- Go to www.Zoom.us
- Click “join a meeting” in the upper right menu
- Enter the meeting ID from your confirmation email and click Join Meeting
- Enter the pass code from your confirmation email
- Follow the prompts asking whether you would like to join with video & audio
- You will arrive in the waiting room
- Your instructor will Admit you up to 15 minutes prior to the start of class

Tips for Class Participation

- We want to see you and hear from you so turn your video and audio on.
  - Unless you arrive late. Then turn off your sound.
- Adjust your volume on your device to your comfort level
- Make sure we can see your entire body to properly cue you.
- Be aware of your surroundings make sure you have enough space.
- Turn off your camera if you have inadequate internet bandwidth.

Email paula.keck@unchealth.unc.edu with questions regarding Group Fitness.