



VIRTUAL CLASSES

FREQUENTLY ASKED QUESTIONS

Q: Do I need to install an app to view virtual classes?

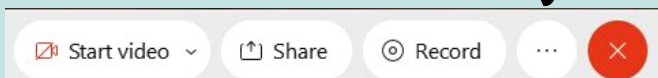
Your computer might prompt you to install Webex, once you've registered for a class. Follow the on screen commands to install.

Q: Do I need to sign up for the same class each week?

No. Your registration for the class will continue so long as your membership remains active. Save the 1st registration approved email with link to join. You will occasionally be sent reminders.

Q: I can view the class, but I can't hear it, why is this?

Ensure your audio output is switched to the device you are viewing the class on. You can do this by clicking the three dots on the bottom white toolbar.



More Questions?

Contact Jennifer Ray, Group Fitness Manager at jennifer.ray@nchmd.org

Q: Which classes are virtual?

Virtual Classes are underlined on the Group Fitness schedule.

Availability of our virtual classes changes as each month's Group Fitness schedule is released.

Q: Do I need to register for a virtual class?

Yes! Registration is available 3 days prior to the class, until 1 hour prior to each class.

Q: How do I register for a virtual class?

Step 1: Go to

www.nchmd.org/wellness

Step 2: Click "Schedules"

Step 3: Click "Group & Specialized Fitness Schedule"

Step 4: Click the underlined class you are wishing to attend virtually

Step 5: Click "Register"

Step 6: Enter your first name, last name, email, and NCH Scantag #

Once your membership privileges are verified, you will be emailed a link to use to participate the day of the class.