



LIVING WELL MOVEMENT

ONLINE Group Movement Classes via Zoom

Participant Instructions

To sign up for a class, you do so in Wellness Living our scheduling software application.

To **LOGIN** to your already existing account click here:

<https://www.wellnessliving.com/login/livingwellmovement>

To **SIGN UP** for an account click here:

<https://www.wellnessliving.com/signup/livingwellmovement>

Once you are in Wellness Living,

If you click on the **Overview Tab** you can see you have several options, you can book a class, book an appointment, or make a purchase, if you do not have any class passes, go to Make a purchase, all Class Passes can be used for online classes, as well we also have some Online Class Pass options. Choose the package that suits you best at this time and buy.

To **Register for a class**, click on the Tab that says Book a Class, this will pull up all the current days' classes, if you want to see the week ahead, on the top right is three tabs that say Day, Week, Month, choose your preferred viewing timeframe. Click on the class you would like to participate in, if you want to register for the same class for several weeks click on the right side where there is a circle arrow, there you can book recurring classes. You can register without paying to all of our classes, so if it is not bringing up your PAID pass and asks you to pay again, keep going and it will eventually bring you to a tab that says "Sign in without paying" you can say yes, let your instructor know if this happens to you, so we can amend it.

You must register for ALL classes a minimum of hour before the start of the class to receive the class link via email, on time. Your instructor will send the class link a minimum of a half hour prior to your class start time. If you have not received the link 10 minutes before your class, contact your instructor via text, email, or phone (905.396.9642). This does happen sometimes, we will do our best to get you started and into your class.

If you need to cancel your class, please do so as soon as you realize you must. We do have a **24-hour cancellation policy**, however in these difficult times we know things can come up, please contact us directly to discuss redeeming your class if you were under the 24hr time limit. Thank-you.

To participate in your class, try to login about 10 minutes before the class start time to ensure you have what you need. Check your email for the link emailed to you by your instructor. If you do not have it, contact us.

You need to have a smartphone, tablet, laptop, or computer with internet access to log into our Zoom meeting. You must download the App from Apple or Google Play onto your phone or tablet. If you have a computer You may also want to create a Zoom account; it is free for participants.



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Go to your email, click on the **Zoom class link** provided, if it does not bring the meeting up in a few moments, you can go to zoom.us and type in the **Meeting ID**, this is also provided in your email.

The password for all our online classes is always the same and is: **LWMC** in capital letters.

Please let us know if you have any questions or concerns about this process, we are here to help you!

Call or Text: 905.396.9642

Email: info@livingwellmovement.ca