

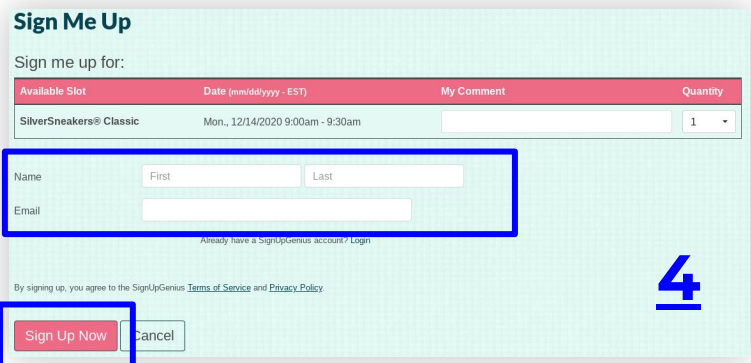
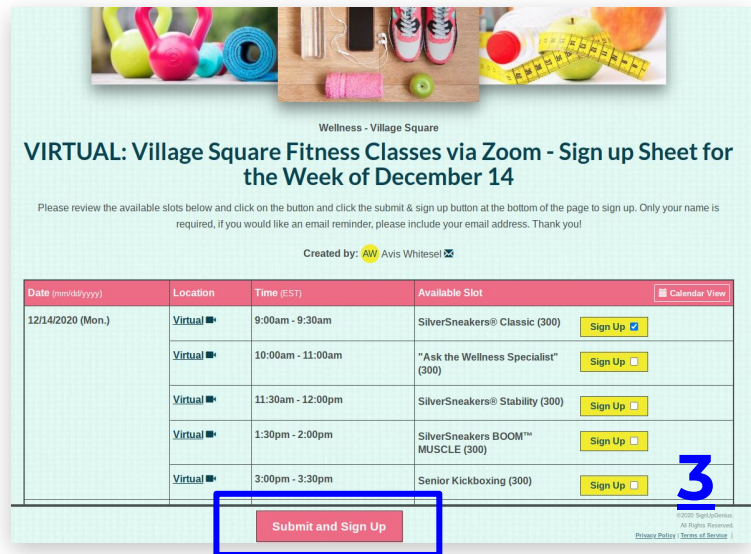
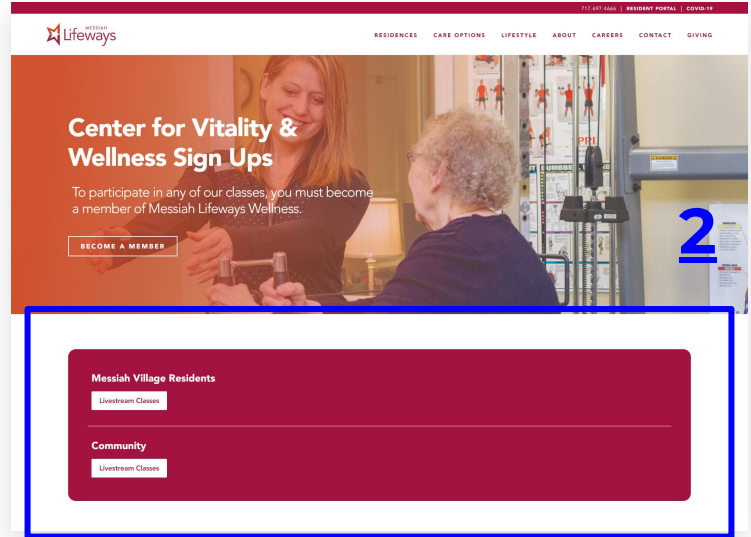
How to Sign Up for Messiah Lifeways Wellness Livestream Classes

1. Go to www.MessiahLifeways.org/VisitWellness
2. Click on Livestream button to sign up for a virtual class. *See image 2.*
 - 2a. Once you click on a specific area (Livestream Classes) you will then be directed to a sign-up page. *See image 2.*
3. On the sign-up page, choose the day and time you would like to sign up for and click the box. Then, click **“Submit and Sign up.”** *See image 3.*
4. You will then be taken to a new **Sign Me Up** page that asks you for your first name, last name, and email address. Once entered, click **“Sign up Now.”** *See image 4.*

When you provide your email address, you will receive a confirmation email will have the ZOOM link for your class.

*Please note: You must click **“Sign Up Now”** to complete the process of reserving your spot.*

If you need additional help signing up, please call the Wellness office at **717.591.7222**



How to Access Livestream Zoom Fitness Classes

If your email was included in your sign-up follow these steps...

1. Your confirmation email will look similar to [image 1](#).
2. At least 10 minutes before the class starts, click "Virtual." [See image 2](#). This will open up a new window on ZOOM.
3. Under the Meeting ID Number, click on "Screen Name" to enter your name. Then click "Join." This will open up the ZOOM class. [See image 3](#).
4. Once you have joined, you will be placed in a "waiting room." The instructor will move you out of the waiting room and into class.

If you cannot find your email, follow these steps...

- 1a. Follow the steps to on how to access the Sign-Up page again.
- 2a. On the Sign-Up page, click "virtual" on the line that lists the class you are going to take. [See image 2a](#).
- 3a. Follow Step #3 and #4 above.

