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





VIRTUAL: Village Square Fitness Classes via Zoom - Sign up Sheet for the Week of December 14

Please review the available slots below and click on the button and click the submit & sign up button at the bottom of the page to sign up. Only your name is required, if you would like an email reminder, please include your email address. Thank you!

Created by: 🗛 Avis Whitesel 🐱

		Time (EST)	Available Slot	🗮 Calendar View
12/14/2020 (Mon.)	<u>Virtual</u>	9:00am - 9:30am	SilverSneakers® Classic (300)	Sign Up 💋
	<u>Virtua</u> l = •	10:00am - 11:00am	"Ask the Wellness Specialist" (300)	Sign Up 🗌
	Virtual 🖛	11:30am - 12:00pm	SilverSneakers® Stability (300)	Sign Up 🔲
	<u>Virtual</u>	1:30pm - 2:00pm	SilverSneakers BOOM™ MUSCLE (300)	Sign Up 🗖
	Virtual	3:00pm - 3:30pm	Senior Kickboxing (300)	Sign Up 🗆 🕇
		Submit and Sign Un		82020 SignUpGer All Rights Reser

Sign Me Up				
Sign me up for:				
Available Slot				Quantity
SilverSneakers® Classic	Mon., 12/14/2020	9:00am - 9:30am		1 •
L				
Name	First	Last		
Email				
By signing up, you agree to the Si	4			
Sign Up Now	ancel			

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.

12/14/2020 (Mon.)

VIRTUAL: Village Square Fitness Classes via Zoom - Sign up Sheet for the Week of December 14

Thank you,

You're all signed up for "VIRTUAL: Village Square Fitness Classes via Zoom -Sign up Sheet for the Week of December 14."





Sign Up 🗌

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SilverSneakers® Classic (300)

9:00am - 9:30am

Virtual