

## Live-Stream Classes and Subscriptions Updated: 17/06/20

Firstly, I'd like to say a huge thank you from both myself and Rachel for supporting our Live-Stream Classes. It's been so good to 'see' so many familiar faces and we really appreciate your patience and perseverance with getting to grips with the Zoom application. Well done to all of you.

If you've not joined us yet, please do. Like anything, doing it for the first time is always the most challenging. Beyond that, it really is straight forward. Even my Dad admitted that much, so it must be true!

### Why Choose Us?

Rachel and I are very proud of what we've achieved over the years with [BodyFit Cumbria](#). We've worked hard to build a sense of community around our classes and this has been reflected in the many friendship and social groups that have arisen purely because you've attended classes with us.

### Our Live-Stream Sessions...

- ✓ Provide the same level of professionalism and commitment to you. We're delivering very similar sessions just through a different medium. It's just like being at class, only we've come to you through the wonders of technology.
- ✓ You'll experience that same sense of connectivity with us and we'll continue to provide you with encouragement, support and individual feedback where applicable.
- ✓ Just as in class, you'll be able to see your BodyFit friends on screen working hard alongside you.

**Don't miss out:** If you're struggling with the technology, Rachel and I have also been talking people through how to log-on with Zoom in real time, i.e. whilst they are actually doing it. This has paid off and there's been a real sense of achievement for both those we're helping and for us. So please do get in touch if you'd like us to help you in this way.

### Encourage Others to Join

If you enjoy our classes, why not take the opportunity to encourage your friends and family to join too? We've already people from York, London, Edinburgh and Vienna. They are all friends and relatives of our current members who attend classes in Cockermouth. Remember our Live-Stream Classes are available to anyone in the world with an internet connection. BodyFit goes global!

**New to BodyFit Cumbria?** Thank you for joining us. It's fantastic to have you along. Do remember to ask questions and provide feedback just as you would in any usual class situation. Our aim is to get to know you as we do our 'regular' class members and to support you in your health and fitness.



Angela Gibbs

1 April at 12:13

Hi all. I just did the live screening Core Class and then Colin Gibbs joined me for the Flex Class.

I had been reluctant to do them as I don't like exercise DVDs - but this is totally different! Sam and Rachel are really there. They can see you and give you feedback.

It felt like being in class. I felt connected to everyone. That's worth a lot in these times of isolation.

If you haven't tried yet, give live streaming a go.

Keep safe 🇬🇧

Hazel Davies, Karen Shankland and 17 others

2 comments



Like



Comment



Ali Hodgson I agree, it was great! Wouldn't have done it on my own. And when you know Sam and Rachel are watching you you have to get on with it!! Stay safe everyone.

Like · Reply · 5d



1



Dennie Howie I did core and flexi class today and it was very enjoyable and engaging. I probably worked harder than I usually do in the hall based classes. Keeps your body and mind healthy. Give it a go and surprise yourself.

Like · Reply · 5d



1

## In this update:

Scroll down for the information appropriate to you.

1. Subscriptions and Payment
2. Security Concerns
3. Class Information
4. How to Register with the Zoom Platform

## Subscriptions and Payments

Our payment options have changed to monthly subscriptions by Standing Order, rather than termly fees by Bank Transfer. The Pay As You Go options remain the same.

Below are the fees for all classes, i.e. both Live Stream Zoom and outside running sessions. However, do remember the following in these challenging times:

1. If you've lost your entire household income, i.e. both you and your partner are now without any income, the classes are **FREE**. If your circumstances change and you find that you are able to contribute, then contribute what you can when you can.

We would much rather keep people 'in class' and in touch with us than lose contact. Many people refer to us and their fellow class members as their 'BodyFit Family'. Friends and family are more important than ever right now, so do keep joining us.

2. If you have lost part of your income, then **PAY WHAT YOU CAN**. The same applies as above, i.e. we still want to help keep you fit and healthy both physically and mentally.
3. If you subscribe to one session per week, it can be **ANY** one session. If you subscribe to two sessions per week, it can be ANY two sessions etc. This means you can mix and match as each week goes by.

Fee per Session	Number of Sessions per week	Total Weekly	Based on 46 Weeks per Annum This takes into account Annual Holidays when classes won't be on. Usually 2 weeks each at Christmas and Summer, plus 1 Easter and 1 Summer Half Term. This is subject to change.	Adult Monthly Fee
£ 5.50	1	£ 5.50	£ 253.00	£ 21.08
£ 5.00	2	£ 10.00	£ 460.00	£ 38.33
£ 4.50	3	£ 13.50	£ 621.00	£ 51.75
N/A	Unlimited	£ 17.00	£ 782.00	£ 65.17

- ✓ If two full-fee paying adults are subscribing in the same household, children and full-time students who live at the same household can join the Zoom classes free of charge with their parents/carers.
  - Note this applies to the Live Stream Zoom classes only
  - Outside running classes and hall based classes will be charged at the usual pay as you go fee

Students plus other concessions by agreement:

Fee per Session	Number of Sessions per week	Total Weekly	Based on 46 weeks per Annum	Student Monthly Fee
£ 3.50	1	£ 3.50	£ 161.00	£ 13.42
N/A	Unlimited	£ 5.50	£ 253.00	£ 21.08

These are similar or better than our usual termly fees.

Remember; if you've lost your income, then just pay what you can, when you can. 😊

## Extra Classes

If you'd like to attend an extra class that is beyond the scope of your subscription, that's no problem. Please do an additional payment of £6.50 (£4 students) **before** the start of your additional class.

## How to Pay by Subscription

Please set up a monthly standing order to the account below.

- ✓ Your payment needs to be made **before** your first class with us. Please cover any outstanding payments with Pay As You Go fees, thank you.
- ✓ You do not need to make any 'part payments'. Your subscription will be valid from the day we start receiving it until the day you choose to cancel it.
- ✓ Paying by monthly standing order rather than termly bank transfer means you can alter your class subscription at any time. The way it's been designed includes the usual 'PAYG' holiday classes and our time off (six weeks, hence based on a 46 week year)
- ✓ If partway through the term, we are able to resume our normal hall/outside classes, your subscription will cover this. However, for hall-based classes there will be an additional £1 per person per class requested to cover hall hire fees. This can be given at the hall when we resume.
- ✓ Once out of lockdown, our aim is to continue with some live-stream classes. Details will be clarified at a later date.

### **BodyFit (Sam Ayers) Ltd**

Sort Code: 09-01-28

Account Number: 08185241

Please use a reference:

**Surname LS (Live-Stream) x number of classes or UL (unlimited)**

e.g. Ayers LSx2

### **PayM**

07805 094 701

Please make separate payment for each subscription within your household, thank you,

**Note:** A standing order is an automated method of making payments, where a person or business instructs their bank to pay another person or business, a fixed amount of money at regular (fixed) intervals. The payer (i.e. you) controls the standing order; they set it up themselves, and choose the amount and frequency. The payer also controls when the standing order stops.

This means you can alter or stop **the** payment at any time.

## Pay As You Go (PAYG)

If you prefer, you can still do PAYG at the following rates:

1. Adult: £6.50
2. Student: £4.00

See above for bank details.

Cont...

## Security Concerns

A few people have been in touch regarding recent reports about the lack of encryption and security attached to the Zoom software. Although we cannot stop any determined hacking, we can offer the following assurances:

- ✓ We have a licenced edition of Zoom and we'll only be allowing people who've registered with our classes via our website. They will then also need a password in order to access our sessions.
- ✓ Participants will need to be recognised by me, i.e. if they are completely new, I will be contacting them to find out about them and collect a health screen etc as is our standard practice. That's why I ask people to identify themselves and not have their device as their name, i.e. 'Galaxy A5' or 'My ipad', won't be accepted
- ✓ Our business is very local. Even with Zoom, the new people we've had are all friends or relatives of people we already know and the existing member has also been in touch to say "my friend/mum/brother' is going to contact you. Their name is..."
- ✓ Zoom (and other similar platforms) are currently being used by our Government in order to communicate with each other. If they are happy to use it, I certainly am. Remember:
  - Your video can be turned off during any Zoom meeting
  - You can tape over your webcam at any other times
- ✓ To quote Rebecca Shepherd (a local fellow class tutor), " We may experience a 'Zoom Bombing' where someone crashes the session and shouts at us. However that could bring some light relief from us bossing you around!"

## Class Types:

Class times and details subject to change. Check our [What's On' Calendar](#) for the latest information.

1. **Indoor Circuit:** These sessions are suitable for [everyone](#), no matter your age, ability or fitness level. We offer seated adaptations for every exercise and several versions of the same activity. So whether you're new to exercise or a seasoned athlete, you'll find something for you here.
  - a. The circuit will consist of cardiovascular activity together with strength and conditioning exercises
  - b. The session can be done in a very small space and doesn't require any special equipment
    - i. Tuesday 4:30pm
    - ii. Friday 10:30am
2. **Flex:** This is a **flexibility/stretching** session. Again, these classes are suitable for [everyone](#), no matter your age, ability or fitness level. They're suitable for all standards. The same format as our usual hall based classes, i.e. seated, lying, and standing alternatives will be provided for all the stretches.
  - a. It's not Yoga or Pilates. It's purely stretching, aimed to increase or at least maintain your current range of movement.

b. The session can be done in a very small space and doesn't require any special equipment.

- i. Wednesday 10:45am
- ii. Friday 5.00pm

3. **Core:** This session requires a gym ball and is ideal for anyone who has attended our usual hall based Core classes or has used a gym ball before. A small space at least 2.5m long by 2m wide is required.

- i. Tuesday 5.50pm
- ii. Wednesday 9.30am
- iii. Friday 9.10am

"Really enjoyed core class thanks... in a way I felt like I had to work harder as knew I was being watched even more than usual. Cracked me up a couple of times, especially when I realised I could hold onto kitchen units at each side when doing 2 point kneeling!"

Ann Morgan

4. **Running:** These sessions have resumed outside in small groups. The format of the session is evolving each time there is an update regarding COVID-19 restrictions. If you'd like to join us, then please check our [BodyFit Runners Facebook Group](#) for the latest information or our [What's On Calendar](#) for the latest information.



**Lisa Benn** I really enjoyed it thank you. It was like being back at class with you. I feel like I've had a really good workout too 😊 I'll be there (in my kitchen 😂) next week. Thank you for helping me set it up too x

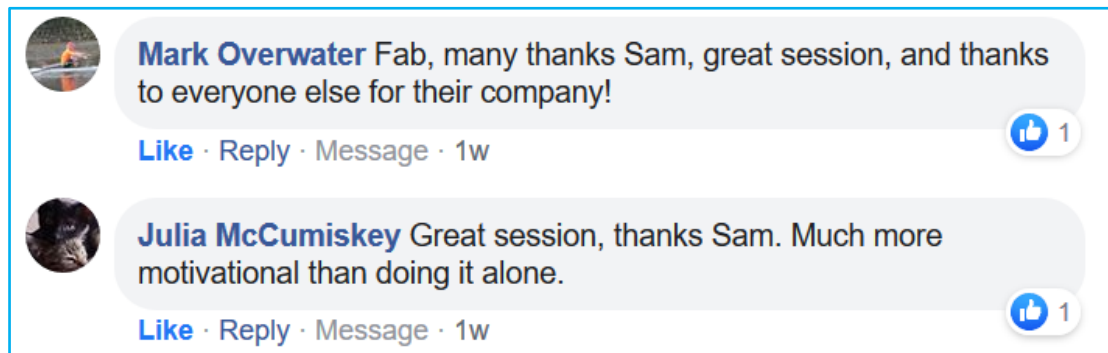
5. **CV Intervals:** This session is cardiovascular and will last up to 90 minutes. It's suitable for fit and healthy individuals who are used to exercising at a high intensity. You will need your kit of choice, e.g. spinbike, rower, treadmill, turbo, cross trainer or just a simple step.

This will be the session structure:

1. 10' warm up
2. Some form of interval training totalling up to 30' effort.
3. 5' cool down
4. Sometimes a short core session
5. Stretch



**Nick Cowan** Brilliant session. It is so much easier to motivate with so many others around you. The format worked very well. Thanks Sam Ayers



## How to Register with the Zoom Platform

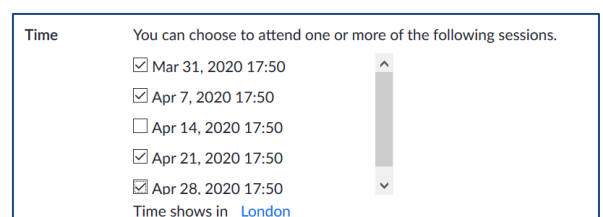
In order to access our sessions, you'll need to do the following:

### Register

1. Select our [What's On?](#) Calendar
2. Scroll through the calendar to view the classes available
3. Register for your class by selecting **Live-Stream Class Registration**. This will take you to the Zoom website.
4. If you're **new** to Zoom, you will need to register with them.
  - a. Follow the sign up link on your device
  - b. If you're on a laptop, it displays at the top of the page
  - c. If you're on a mobile, scroll down the page to find the link
  - d. The link looks like this:

This meeting is for users with a Zoom account. New to Zoom? [Sign up free!](#)

- e. Registering for Zoom is a free service. Only 'Hosts' like BodyFit Cumbria need to pay a subscription
  - f. Once you've registered for Zoom, you'll be able to subscribe to our classes.
5. Close the Zoom application, then scroll down our [What's On?](#) calendar to see the class you wish to attend, select **Live-Stream Class Registration**.
    - i. For most classes you will have the option to select multiple sessions of the same class.
    - ii. Select the class date(s) you wish to attend
    - iii. See example on the right.



- iv. You may need to use the scroll bar to see all classes in the list
- b. Complete the form at the bottom of the page
  - i. Name
  - ii. Email address
  - iii. Select **Register**
- c. The page title will change to Meeting Registration Approved.
- d. Scroll down to the bottom of the page to select options to:
  - i. Add the meeting (class) to your calendar
  - ii. Access the link to join the meeting (class)
  - iii. Access the link to cancel the meeting
- e. **Important – READ this bit carefully!**
  - i. If you've successfully registered, you will receive an automated email with a class ID code and a password. (Check your spam folder)
  - ii. You should receive the automated email within a few minutes of registering. If you haven't received it within 15 minutes, then re-register as something has gone wrong.
  - iii. If you still don't succeed, phone me and I'll try my best to help.

To see what happens next, follow this:

How to join a meeting:

<https://www.youtube.com/watch?v=hIkCmbvAHQQ>

You're now ready to join our live-stream classes. We look forward to seeing you soon.

## Top Tips...

Zoom 101 Sign Up and Download Meeting Client:

<https://www.youtube.com/watch?v=gsy2Ph6kSf8&t=34s>

How to join a meeting:

<https://www.youtube.com/watch?v=hIkCmbvAHQQ>

Joining and configuring audio and video

<https://www.youtube.com/watch?v=-s76QHshQnY>

In meeting chat:

<https://www.youtube.com/watch?v=DkuY4nedWbo>

[https://www.youtube.com/watch?v=ygZ96J\\_z4AY&t=96s](https://www.youtube.com/watch?v=ygZ96J_z4AY&t=96s)

## Trouble shooting...

1. Video freezing:
  - a. Not much I can do about this and we can't tell whether it's from our end or yours.
  - b. Things that will help if in a poor connectivity area
    - i. Try to ensure that no-one else in your household is streaming at the same time as you
    - ii. If you've a room that has better reception, use it.
2. Noises from other participants:

- a. We'll mute everyone – sorted 😊
- b. If you 'unmute' yourself, remember to 'mute' again please
3. Screen flicking from the host (Sam/Rachel) to other participants:
  - a. We will stop this by 'spotlighting' ourselves i.e. the tutor
4. View of me/Rachel blocked by your picture or the other class participants
  - a. We'll 'Spotlight' ourselves when we start the class
  - b. You can also 'pin' us so that we stay on top
5. Lots of people showing on your device:
  - a. You're in gallery view, switch to speaker view.
6. Don't be afraid to have a play. It's the only way to learn. The worst that will happen is you'll accidentally leave the class and have to re-join. If this happens, access your class again via the registration email you were sent.

And lastly... If you're on Facebook, [do take a look at this](#). It'll make you smile. 😊

Best wishes

Sam and Rachel