

# BodyTree LIVE!

## Online Group Classes

### Client Guide

## Supporting Your Stay Home Practice!

BodyTree is taking our Group Classes online, so as to continue to serve your training needs while you Stay Home.

Here's our guide to help you get started!

---

## Step 1: Tech Prep & Installation

### The Hardware

You can use a **smartphone, tablet or laptop**. Each of these devices has their advantages -- pick the option best suited to your needs.



Your Privacy and Security is important to us. These are the steps we have taken to ensure your personal information is protected:

- All meetings will be password protected
- The “waiting room” feature will be used
- Only clients who receive a unique join link can access the session
- The host (your teacher) will lock the session once all participants have joined.

### The Software

**Laptop/Desktop (Windows & MacOS):** [Download the Zoom client here](#)

**Android Phone:** [Download from Google Play](#)


**Apple iPhone & iPad:** [Download from App Store](#)



### The Network

A strong and stable wifi connection is a must

AA pbt.btgocm.com



email

password

Show Password

Login

Please contact [admin@pilatesbodytree.com](mailto:admin@pilatesbodytree.com) if you have any enquiries.

[Forgot Password](#) [Home](#)

## Step 2: Book your class on OCM - our Online Booking Portal

As long as you still have group class credits, you will be able to book an online class just like how you would book an in-studio class.

NOTE: Online sessions are only available to Bodytree LIVE! Packages.

You can book up to 10 classes at a time.

### Cancellation Policy

Cancellation requires 24 hours' notice to avoid any charges.

### Class Booking Window

You can book for a class 4 weeks to the date, up till 1 hour before the class start time.

### Please note that

If you do not book for a session on OCM, you will not be admitted into zoom.

## Step 3: Set up your workout space

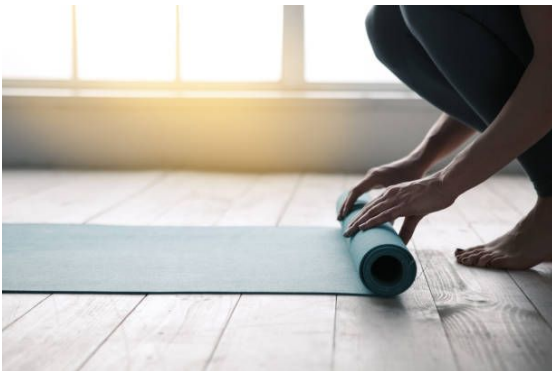
Lay out your mat in a suitable location in your home. Make sure you have ample room to move around, with no obstructions.

Prior to each session, your teacher will inform you of any additional exercise props you may need. Have these ready at the workout space.

Having a towel and water near you will minimize unnecessary disruptions to your training.

Ensure that your phone/laptop/tablet is connected to a power source for the duration of your session.

Check that you have access to a strong wifi connection at your location.



## Step 4: Connect to session

### 15 minutes before:

Your teacher will host a session on Zoom. Please use the occurring links in this guide for your classes.

**Ensure that your Zoom account name is the same as your name on OCM**, if not the teacher will not allow you into the session.

#### **BodyTree Mobility:**

Join Zoom Meeting

<https://us02web.zoom.us/j/4918968803?pwd=R2xWVkJycHhmUEtaQmZRM2krUjByQT09>

Meeting ID: 491 896 8803

Passcode: 263950

#### **Bodytree Strength:**

Join Zoom Meeting

<https://us02web.zoom.us/j/4918968803?pwd=R2xWVkJycHhmUEtaQmZRM2krUjByQT09>

Meeting ID: 491 896 8803

Passcode: 263950

#### **Bodytree Power:**

Join Zoom Meeting

<https://us02web.zoom.us/j/4918968803?pwd=R2xWVkJycHhmUEtaQmZRM2krUjByQT09>

Meeting ID: 491 896 8803

Passcode: 263950

## 10 to 5 minutes before: Join class

Simply click on the link to join.

**Please connect to the session no later than 5 minutes before class.** This will give you time to adjust the placement of your device. Your teacher will guide you through, so that both of you can see and hear each other clearly.

## All classes will start promptly

To enhance security of the online classroom, the session will be locked by the teacher once class has begun. Once locked, no more participants will be allowed to join.

Please notify **your teacher** (and not the admin) if you encounter any problems with joining, or if you have specific questions regarding the classes.

[danielchan@bodytreegroup.com](mailto:danielchan@bodytreegroup.com)

[krisng@bodytreegroup.com](mailto:krisng@bodytreegroup.com)

[jerryteo@bodytreegroup.com](mailto:jerryteo@bodytreegroup.com)

[alyciachua@bodytreegroup.com](mailto:alyciachua@bodytreegroup.com)

[janefok@bodytreegroup.com](mailto:janefok@bodytreegroup.com)

[abbylee@bodytreegroup.com](mailto:abbylee@bodytreegroup.com)

Any general questions and enquiries, please email [live@pilatesbodytree.com](mailto:live@pilatesbodytree.com)

# Enjoy Your Training!

