Howdy!

Thank you for choosing to participate in our online Group RecXercise Classes. We are excited to move with you virtually! While this is not the same as being in class next to one another, our hope is to still create community and keep you all moving during these times. We will still be providing alignment cues and modifications for each movement to keep you safe, but since our instructor cannot see each of you move, we ask that you please listen to your body and move within your limits. Participation in Group RecXercise classes is completely voluntary. There are risks and hazards, minor and serious, associated with participation. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in Group RecXercise classes. The Department of Recreational Sports strongly advises participants to consult with their physician if they have any doubts of their physical ability to safely participate. If you have any questions or concerns, please email Anna Taggart, Fitness Director, at ataggart@rec.tamu.edu.

Stay healthy and remember exercise is medicine!

**How to Participate in Live Zoom Group RecXercise Classes**

- Step 1: Click on meeting link or enter in the meeting ID into your Zoom account
- Step 2: Enter your TAMU NetID and password
- Step 3: Make sure Zoom has access to your microphone for sound
- Step 4: Feel free to keep your video on or turn it off (all participants will remain muted)
- Step 5: Get moving and have fun!
- Step 6: We will also be recording class videos and sharing them via our website for you to participate in too!