

## MOVE Wellness Guide to Livestreaming

Welcome to MOVE Livestreaming – we’re so happy you’re here.

This all-inclusive manual will take you through the process of joining our online studio, from preparing your technology, to registering for classes, to knowing what to expect from any virtual class you may want to take.

Think of this document as your owner’s manual. We know everyone has a different owner’s manual ritual, whether that means tossing them gleefully into the recycling or diligently reading every word on every page. Personally, I give them a brief skim and then put them in my thoughtfully organized, not at all overflowing, owner’s manual drawer. In a strictly “just-in-case” capacity. Whether you save yours to your desktop and treasure it forever, or let it gather dust in your email inbox until you have a question, you’ll find no judgement here.

As long as you meet us on the mat, we’re happy.

Be Fit. Be Well. Be Inspired.

Studio Manager Rachel and The MOVE Team

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## MOVE 101: Getting Started

Joining our online classes is easy, we promise. All you need is a MindBody account, Zoom, a place to workout, and yourself. Some of our classes use props, but don't worry - you can find a list of common household prop swaps later in this guide.

### Setting up your MindBody account

(If you've already signed up for a MOVE MindBody account - congrats! You get to skip this part.)

- Go to [MOVE's website](#) and click the "My Account" button in the upper right corner.
- Enter your email in the "create an account" box.
- Create your password.
- Accept the liability waiver.
- That's it you're ready to sign up for any class (or classes!) your heart desires.

### Registering for classes

- Make sure you're logged in to MindBody, then click on the "online MOVE classes" tab to view our schedule
- Click "sign me up" on any classes and choose either a single or recurring class
- If you need to pay, you'll be prompted to choose if you'd like to pay for a single session or a monthly unlimited membership.

## Downloading Zoom

Now that you've decided what classes to take, it's time to make sure you have Zoom, the video conferencing software that we use to bring our livestream classes straight to your living room.

- First things first: make sure that you have a device that can connect to the internet. A smartphone (Android, iPhone), computer (laptop, desktop), or other device (tablet, iPad).
- Go to [zoom.us](https://zoom.us)
- Click on **Resources** in the top right corner and click **Download Client Zoom**
- Click on download
- Click on the downloaded zoom.pkg
  - Side note, you do not need to allow Zoom to access Files in the download folder
- Zoom will prompt you with step-by-step instructions to complete the installation
  - Open Zoom when the download is complete and allow it to use the camera and microphone
- Are you seeing red? [Email us](#) for support. We can talk you through the steps and even set up a practice session once you've downloaded Zoom.

## Joining your class

- You'll get an email from [hello@fitgrid.com](mailto:hello@fitgrid.com) with the link for class one hour before it starts. We suggest adding FitGrid to your email contacts to make sure these emails don't go to Spam or Promotions. FitGrid is the software that we use to automatically send out class links. We used to do it manually, but with 50+ classes/week... well, let's just say it's unsustainable.
- If you don't see a link from FitGrid:
  - Be sure to check your promotions, spam or trash folders. You can also do an "all mail" search of your email to look for the FitGrid email.

- If you have searched high and low and you don't see an email from FitGrid, and it's less than an hour before class, call the office (734-224-2560) or [email us](#) and we can help troubleshoot, and/or just send you a new link.

## Livestreaming FAQ

### Do I have to turn the video on for class?

- Your video, your choice. You can always join Zoom meetings with audio only. We want you to be comfortable. We get it- we've all done Pilates in our pajamas. Just remember, it's harder for the instructor to offer modifications or gauge pacing if they can't see you. Plus, they really do love to see your smiling faces.
- If you do decide to turn your video on during class, try to place your device in an area where most of your body is in the frame, and stays in the frame even when you move around.

### Help! No one can hear me.

- Don't worry - we did that on purpose. All clients are muted once class begins, to make sure that the background noise from pets, cars, delivery people, teenagers setting off the fire alarm while trying to cook lunch, etc. doesn't disturb class or kick the instructor off the main screen.

### But I need to ask a question.

- Instructors try to leave time before and after class to answer questions so that you can move through class without interruption. You can always use the chat feature if you need to send a message to the instructor, but they might not be able to see it while they're teaching across the room. [Email us](#) if you have a question that doesn't get answered during class.

### Where should I set up my workout space?

- You know your house better than we do. Pick the best spot you can to workout. Now, we know space is limited and most of us weren't planning on turning our living rooms into our home gyms, so we do have some tips:
  - Be aware of your surroundings
  - Watch out for carpets and rugs that could become a tripping hazard
  - Be careful with tables and chairs, as they may slide depending on how heavy they are and the type of flooring you have
  - Keep props nearby, but not in your way

### **This exercise doesn't feel good right now.**

- Listen to your body. If an exercise doesn't feel right for you today, skip it. If you know a modification, do that instead. You can always skip the current exercise and do your favorite stretch, grab a drink, or simply catch your breath as you wait for the next round.

### **My instructor disappeared.**

- Sit tight - they'll be back. Every once in a while technology fails even the best of us. If your instructor loses the internet for some reason during class, give them a minute to reboot. It's rare but it can happen. In every case so far, the instructor has been able to hop back on in a matter of minutes.

## **Music to MOVE you**

- As we livestream classes, we've found the best way to facilitate adding music is for clients to play their own at home. While you can choose any music you love (or none at all), our instructors have pulled together some great playlists you can use on Spotify. You can set up a free account if you don't already have one. There is also a mobile app you can use on your phone.
- All of the playlists are listed [here](#) with easy links to access them on Spotify.

## How do I choose the right class for me?

Decisions decisions... there are so many choices. This course catalog will help you decide which type of class is right for you as well as what level you might want to start with and what to expect in class.

### Pilates

- Gentle: These classes offer the foundational principles of Pilates. Clients will practice the principles using modifications and at a pace appropriate for their postural and health issues. Classes might be focused on balance and/or mobility with particular emphasis on breath control, abdominal support, and pelvic/spinal alignment. It is suitable for those who have done some Pilates and for those with injuries or issues that need a deliberate-paced class.
- Level 1: This is for people who have done some Pilates and for those who want to continue to work at a moderate pace. We introduce all of the Beginner level exercises and explore in more detail how to use the breath to stabilize and mobilize the body, gaining much greater control and power. At this level clients will experience a workout with emphasis on increased coordination, breath capacity, precise control, concentration and “moving from your center”. Clients will also be introduced to the Pilates vocabulary and the names of each exercise.
- Level 2: Building on the basics, the full beginner repertoire is taught at a pace that will encourage flow and control while building endurance and strength. Intermediate principles and exercises are layered into the workout including weight bearing on arms, more complex movements, and larger ranges of motion with stability and balance challenges.
- Level 3: The full Intermediate repertoire is taught and clients are able to apply the principles of alignment and abdominal engagement to safely challenge the body.
- Advanced: The full Advanced repertoire is taught and clients are able to apply the principles of precision, control and fluidity to safely challenge the body. This is for experienced clients who are now honing more powerful pelvic and shoulder stability, oppositional energy, spinal articulation and overall strength.

### The Gyrokinesis® Method

- Gyrokinesis is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. The instructor moves along with you in this class. Typically about half the class is done seated on a stool or chair and half is mat work on the floor. There is a prescribed series of exercises and a fluid pace that your instructor will guide you through in each class. We encourage you to “go with the flow” as you experience the movements and become comfortable with the sequence.

### Yoga

- MOVE Yoga class is taught at a slow to moderate pace, introducing traditional yoga concepts in a format that is clear and easy to understand. Practice poses with an emphasis on breathing, physical awareness and relaxation, which will allow you to increase strength & flexibility while relieving stress.

### Barre

- A high-energy and dynamic class that integrates elements of Pilates, dance, cardio and strength training using a chair and light weights. Our Barre classes emphasize the correct postural and alignment principles combined with music to increase strength, flexibility, stamina and dynamic stability.

### HIIT

- HIIT (“*High Intensity Interval Training*”) is designed to get your heart rate pumping, maximize your workout time and boost your resting metabolic rate. It is a high-energy, interval-style, full-body workout combining cardio, weights, abs and more. Our intervals elevate the heart rate using both aerobic and anaerobic zones and increase endurance and strength. Modifications are provided for all levels.

### Fascial Movement Classes

- Also called the Franklin Method®, this class teaches dynamic alignment and how to move your body with maximum efficiency. It’s based upon the idea that we can use the brain to improve how the body functions. Every movement provides a combination of limbs, joints, gravity, moving parts, connective tissue and muscle. This symphony of movement creates

an ideal connection between your brain and your body to optimize your nervous system and stimulate the connection tissues of the body. This method will create positive change in your body and keep you feeling youthful and energized.

### Men's Flex and Core

- In this class you will improve your form in the weight room, sculpt your abs and loosen tight shoulders and hips. Although men are welcome in all of our classes, this special class is for men only and is designed with men's specific postural and strength needs in mind.

## Props, Props, Props

### What props do I need for class?

All classes can be done with just a yoga or pilates mat and a bath towel. We do have some specific recommendations for props that are commonly used in each type of class.

- **Barre:** mat, chair or wall for balance, hand weights
- **GYROKINESIS®:** mat, chair or stool
- **Yoga:** mat, blanket, head pad
- **Fascial Movement:** theraband, orange or yellow Franklin balls or two small hand towels
- **Pilates:** mat, theraband or bath towel, toning ball, foam roller, head pad
- **Balance, Strength, & Posture:** mat, hand weights

### Common Household "Prop Swaps"

- **Hand Weights:** Canned Food, Water Bottles
- **Toning Ball:** Small Cushion or Pillow, Yoga Block
- **Theraband:** Towel, Old Leggings, Nylon Stockings

- **Head Pad:** Folded Hand Towel, Small Book
- **Mat:** Beach Towel, Camping Pad
- **Foam Roller:** Rolled Up Towel
- **Yoga Block:** Book
- **Arc Barrel or Bosu:** Step stool (for seated positions)

### Suggested Places to Purchase Props

Below you'll find some suggested places to purchase your very own props. Please note that we are not affiliated with any of these retailers and can't guarantee inventory.

- Pilates Mats (The mats we use at MOVE at Airex mats .6" thick)
  - Airex on [Amazon.com](https://www.amazon.com)
  - Airex on [Pilates.com](https://www.pilates.com)
  - Other great choices are available on [Pilates.com](https://www.pilates.com)
- Head Pads
  - [1" head pad prop](#)
  - [2" head pad or seated prop](#)
- [Soft](#) or [Standard](#) Foam Roller
- [Theraband Sets](#)
- Weighted Balls (1, 2, and 3 lbs)
  - On [Amazon.com](https://www.amazon.com)
  - On [YogaDirect.com](https://www.yogadirect.com)
- [Toning Ball](#) used at MOVE
  - Similar items are available at [Pilates.com](https://www.pilates.com) and [YogaDirect.com](https://www.yogadirect.com)

- [Pilates Ring](#)
- Several choices for [Yoga Blocks](#)
- There are lots of options, but this is the specific [Yoga Bolster](#) we use at MOVE

## Congratulations! You've made it to the end.

You're a total tech wiz, and nothing can stop you now. If you're feeling wildly confused or intimidated, we're here to help.

Call us at (734)224-2560 or [email us](#) and we will answer any questions or walk you through any steps. Being able to move together virtually is such a gift and we're not stopping until everyone is confidently livestreaming with us.