

Attending a virtual group fitness class

- 1) Go to www.aquamoves.com.au, click 'members area' and log in.
- 2) Find your desired class and click 'book now'.

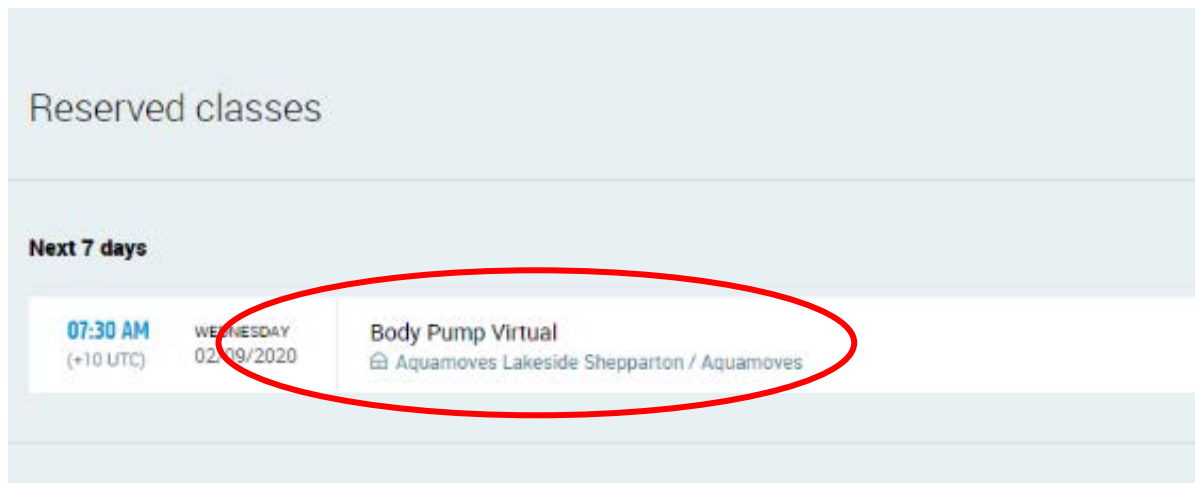
The screenshot shows the Aquamoves website interface. At the top, there is a navigation bar with the logo for Greater Shepparton and links for 'Book', 'My Bookings', and 'Account'. Below this is a grid of class listings. The grid is organized by time slots: 06:00 AM, 06:15 AM, and 07:00 AM. Each class listing includes the time, class name, instructor, duration, and booking status. The '07:30 AM Body Pump Virtual' class is highlighted, and its 'Book now' button is circled in red.

Time	Class Name	Instructor	Duration	Status
06:15 AM	RPM	Chris Barnard	45 minutes	Fully booked
06:15 AM	RPM	Anna Kerambrun	45 minutes	Fully booked
06:00 AM	Outdoor Group Training	Scott Kennedy	60 minutes	Fully booked
06:15 AM	RPM	Anna Kerambrun	45 minutes	Fully booked
06:00 AM	Outdoor Group Training	Scott Kennedy	45 minutes	Fully booked
06:15 AM	Body Pump	Scott Kennedy	60 minutes	Fully booked
06:15 AM	Body Pump	Chris Barnard	60 minutes	Fully booked
06:15 AM	RPM	Chris Barnard	45 minutes	Fully booked
06:15 AM	RPM	Canen Hesselberg	45 minutes	Fully booked
06:15 AM	Body Pump	Jacinta Cari	60 minutes	Fully booked
07:30 AM	Body Pump Virtual	Joe Gilberto	60 minutes	Book now

- 3) Confirm booking by clicking 'book now' again when the new screen pops up.

The screenshot shows the 'Body Pump Virtual' booking confirmation screen. The title 'Body Pump Virtual' is at the top. Below it, the class details are displayed: '07:30 AM', '60 minutes', and 'Joe Gilberto'. A message states: 'You have to book the class to join live streaming'. The 'Book now' button is circled in red. Below the main content area, there are sections for 'CLASS INFORMATION' and 'OUR TRAINER', each with a downward arrow icon.

- 4) Five to ten minutes before the class is due to start, log in to the Aquamoves portal (members area) and go to 'my bookings' (or skip step 4 and continue to step 5 if you book your class just before start time) and click on the relevant class.



- 5) To start streaming, click on the 'join live streaming' and allow a few minutes for the moderator to bring you into the session. We recommend having your video on so the instructor can see your smiling face.

