📢 How to Join a Live Stream Class for Clients

Joining a live-streamed class is easy! Just follow these steps:

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1. Book Your Class

- Go to the **Mindbody** app or website.
- Find the class you want and **book it** as usual.

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2. Check Your Email

- **30 minutes** before the class starts, you'll get an email with the **live stream link**.
- If you book **last minute**, the link will arrive **2-3 minutes** after you book.
- Can't find the email? Check your **spam or junk folder**.

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3. Prepare Your Device

- Use a **laptop, desktop, or mobile device** with a stable internet connection.
- **Browsers to Use:**
    - On **desktop/laptop:** Use **Google Chrome**.
    - On **mobile:** Use **Safari** (for iOS) or **Chrome** (for Android).

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4. Join the Live Stream

- Click the **link** in your email.
- If prompted, click **"Allow"** to enable your **camera and microphone**.
- The class will start automatically once the instructor goes live.

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5. Choose Your View Mode

- **Presenter View:** Focuses on the instructor only.
- **Grid View:** Shows other participants too.

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6. Check Audio and Video Settings

- Ensure your **volume** is up and your speakers or headphones are connected.

- You can **mute/unmute** yourself if the instructor allows.

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7. Troubleshooting Tips

- **Can't see or hear the instructor?**
    - Refresh your browser and rejoin using the email link.
- **Connection issues?**
    - Move closer to your Wi-Fi router or switch to a wired connection.

Need More Help?
Check out the full guide here: Mindbody Support

Enjoy your class! 🎉