

# ROW·FIT™

## INSTRUCTIONS FOR JOINING VIRTUAL ROWFIT CLASSES FOR THE FIRST TIME

### Step 1: Download Zoom

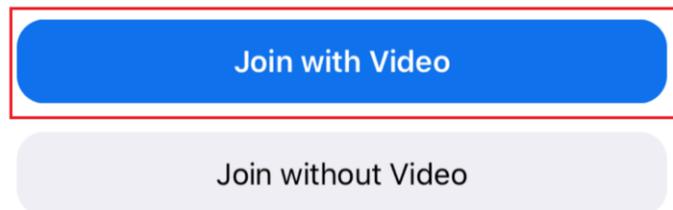
Click on the link to your class on the RowFit homepage. It will auto direct you to download the app.



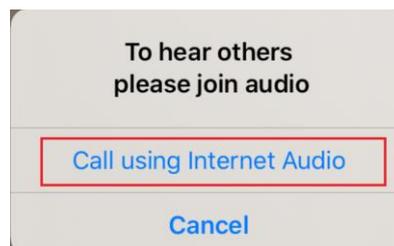
### Step 2: Join the “Meeting”

Once you have downloaded the Zoom app, exit it, go back to the [RowFit homepage](#) and click on the link for the class you want to join.

The app will open directly to your virtual RowFit class. Just click “Join with Video”



and then “Call using Internet Audio”



And that's it – you're ready to work out!!!!