

What is a Live Stream Class? And... How does it work?

Live stream classes allow us to connect in real time to conduct fitness classes.

As a client you will simply log in to our MINDBODY Scheduler System just as if you were attending a class at the studio but instead you will attend at home or wherever you happen to be.

The class schedule will clearly note which classes are Virtual: Live Stream and which classes are regular. The fee structure is the same however, they are in 2 different categories on the payment screen: For Live Stream Classes you will want to select Virtual Classes and then purchase from there.

Once you register for a class, you will receive a link about 30 minutes prior to the start of class. To join, simply click on that link – be sure to select Video On and Audio On if you would like to be seen and heard.

If you have any medical conditions/injuries please reach out to the instructor prior to class via email or text so she is aware and can be sure to modify any of the movements.

Thank you!!

Any questions or concerns send me an email directly: lara@corepilatesandyoga.com