

### **How long is the class?**

40-45mins.

### **What classes are you offering?**

HIIT, Strength, Postural Core and Strength, and Yoga. With the possibility of more to come.

### **What will I need?**

You will need to download [The Zoom App](#) for mobile or desktop, adequate floor space, a fitness or yoga mat (if possible), water, towel, suitable workout clothing, shoes, music (optional) and equipment (optional).

### **How do I join the Zoom Class?**

Classes will be advertised via our Facebook page and Instagram pages. All you need to do is click on the link or meeting ID for the respective class and you will be able to join the meeting. Classes will open 10 mins prior to start time to address any questions.

### **General Rules**

1. Please keep your microphone on mute during the workout.
2. We encourage the use of video so we can see you and provide individual feedback as required.
3. You are welcome to play music in the background but please ensure you have your microphone muted to minimise class disruption.
4. If you have a question, please unmute your microphone, raise your hand and turn music down in background if playing, the instructor will do their best to answer your question.
5. If you have any injuries please inform your instructor during the 5 minutes prior to class commencing, so they can assist with providing alternate exercises for you.

### **Disclaimer**

By attending this online fitness class, you hereby acknowledge and agree to the following conditions of participation:

- You acknowledge your involvement and/or participation in this online fitness class is voluntary and you are acting on your own free will.
- You understand that it is your responsibility to notify UniSA Sport of any pre-existing injuries or health concerns that you may have prior to the class starting.
- You understand there are risks associated with exercise and you hereby, to the full extent permitted by law, waive all of your rights of action against and fully release the University for any loss, damage, injury or death howsoever arising out of or in relation to your involvement and/or participation in this online fitness class.
- You are a minimum of 18 years of age.