

Glastonbury Parks & Recreation and Personal Euphoria are excited that you have signed up for a virtual summer fitness class.

Here is the link you will need to join Tighten & Tone with Allison:

<https://us02web.zoom.us/j/87551966384?pwd=VUNVSzIcZmQyWVVF2Q3NRbEJyQmNWdz09>

We will be using Zoom to stream your class live. You do not need to have or create a Zoom account in order to register, but you will need to give them your email. And you will need to download the app if you are using your phone or install Zoom onto your computer. Please be sure to always be using the most updated version, as outdated versions often do not work properly.

- If you have never used Zoom, this video will show you how to join your first meeting: <https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->
- This video will show you how to use the different icons on Zoom and how set your instructor as the main speaker: <https://www.youtube.com/watch?v=78fn4r6fhns>

If you have not taken a class with Personal Euphoria yet we will need you to complete an online waiver. Please do this prior to the start of your class by visiting our website:

<http://www.personaleuphoria.com/register>

Our classes are sold as a package and while we do not have official make-up classes, we want to help you keep moving if you miss a couple classes during the session. The code **SUMMERMKUP** will be valid for two on demand classes during the session and will end the last day of class. The specific class you missed may not be available, but the code can be used on any two classes.

To access the on-demand classes:

- Go to the Personal Euphoria website - www.PersonalEuphoria.com
- On the top right, you can log in or create an account if it's your first time (remember username and password)
- Once logged in click on "On Demand Videos" on the left
- Then select the class you want to take
- Click "rent video" and you will be taken to the payment page
- This is where you will apply the discount code

If you encounter a problem registering, logging into your class, or with the on-demand classes, please contact the Personal Euphoria IT department at (860)-266-6885 ext. 9950 (M-F from 7:30am-8pm).