



## How to join a ZOOM Virtual Session

### Step 1

Install Zoom App

### Step 2

Create Account

### Step 3

Join Meeting

### Step 4

Open Email

### Step 5

Copy Meeting ID  
in Email

### Step 6

Paste Meeting ID  
in Zoom

### Step 7

Copy Password  
in Email

### Step 8

Paste Password  
in Zoom

[Download Zoom](#)

[Download Description](#)

After you have registered and purchased a Virtual ZOOM Personal Training, you will receive an email with your meeting ID and password. See example below. Follow instructions from step 5 to 8.

Meeting ID: 123 456 7890

Password: 123456

If you have any questions feel free to contact us.

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