

MOVE IT STUDIO

barre • pilates • dance

YOU DO NOT have to make an account in order to join classes!

Instructions to download the Zoom app for virtual classes on your phone or other device:

1. Reserve your spot in class first via [MindBody](#).
2. Go to the App Store and download the Zoom app
3. Open the Zoom App
4. Click Join a Meeting
5. Enter this Meeting ID - 913 951 6277
6. Login 10 minutes prior to class start time to make sure everything is working.
7. You're IN, get ready to move it!

More detailed information about options to download [can be found here](#).

Suggestions for home set up:

- Make a date with yourself just like you do when you come to the studio.
- Find a space that can be dedicated to your movement practice.
- A chair or counter makes a perfect barre!
- Use a mat or towel and any type of ball or even a pillow for the workout.
- Hand weights are amazing or you can substitute bottles of water or cans.
- If you prefer louder music, teachers will share their Spotify playlists prior to each class so you will want to have a device to play that music.

[Click here for an Idea List on Amazon about supplies for your home studio.](#)

Questions?

Email info@moveitstudio.com or call 717-925-9970.