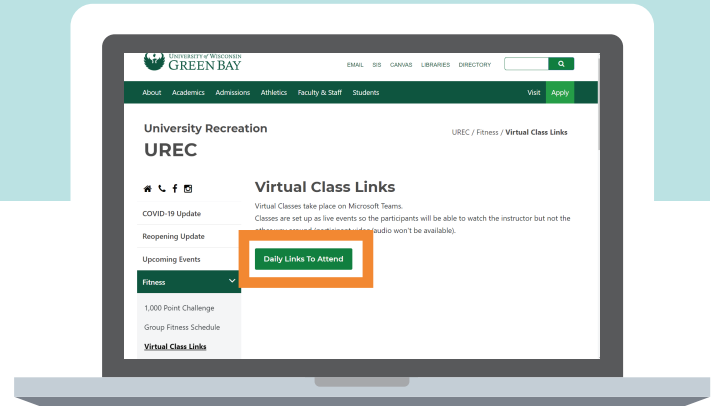
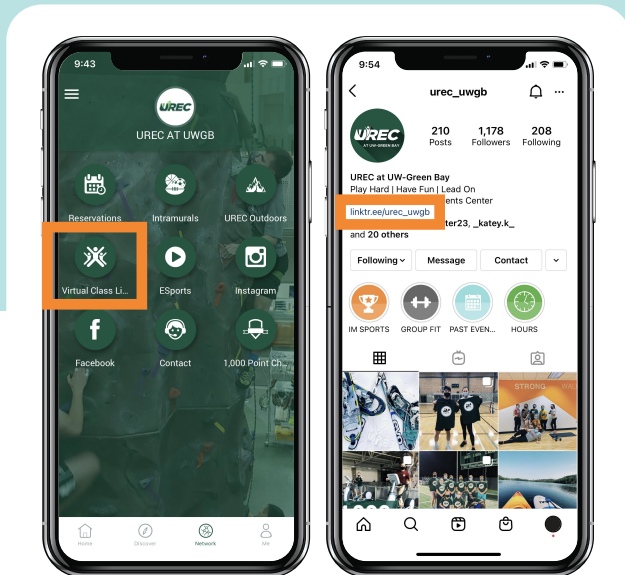


HOW TO ATTEND VIRTUAL GROUP FITNESS CLASSES



PHONE OR TABLET

1. Click “Virtual Class links” on UREC at UWGB app OR click the link in our instagram bio
2. Click the class you wish to attend
3. Download Microsoft Teams if it’s not already on your phone
4. Enjoy class!

COMPUTER

1. Visit uwgb.edu/urec
2. Click “Fitness” then “Virtual Class Links”
3. Click the class you wish to attend
4. Microsoft Teams will open on your computer
4. Enjoy class!

Email Alex at wandersa@uwgb.edu with questions

