



Goodwin Studios LLC
2001 South Barrington Ave #115
Los Angeles, CA 90025
info@goodwinstudiosllc.com
<https://www.goodwinstudiosllc.com>
(310) 235-2100

How do I sign-up for classes?

- Download the Mindbody App onto your smart phone, or visit our website and sign-up through class schedule.
- Create a Mindbody account if you do not have one already.
- After choosing your class, please make sure you select “**register as unpaid**”
- You may also email (info@goodwinstudiosllc.com) for class sign-ups.

Payment: We do not accept payment through MindBody

- 60-minute classes: \$20.00, 30-minute classes: \$10.00
- If you are in hardship then please email us so we can assist you.
- Here are our options for payment:
 - Call (310) 235-2100 to process your credit card (VISA/MASTERCARD) over the phone.
 - Venmo (@LisaMarie-Goodwin) Please provide purchase name in description box.

How Do I Set Up Zoom?

It's Easy and Free!

Please download Zoom and create a free account - <https://zoom.us/signup>

1. Please sign up for the class either through our website (<https://www.goodwinstudiosllc.com/group-classes>), call the studio phone (310) 235-2100 or email us at info@goodwinstudiosllc.com
2. To join the class, make sure to download the ZOOM app first on your choice of device (desktop, phone or iPad)
3. **Goodwin Studios sends out the class link and Meeting ID 30 minutes before the class begins.**
4. Enter this code in the Zoom app to join the class.

Steps after joining:

1. Enter your full name
2. If you would like the teacher to be able to see you, please select “with video”
3. You will be then be asked to join the audio either via Internet or Dial In. If you chose Dial in, you can select any of the phone numbers listed to join.
4. Please select “Speaker View” to see only the teacher.
5. Make sure you are “Muted” to not disrupt the class.

If you are having any technical difficulties, please feel free to email us at info@goodwinstudiosllc.com

Props for Class:

- Stool or dining chair
- Yoga mat or towel
- Light hand weights (This item is optional if you do not have hand weights you may use cans of soup or tuna)
- Pole (other options: broom or Swiffer)
- Pillow

Make sure you fill out and return to the Virtual Online Waiver Form

Privates Online!

Our instructors are offering private workout sessions on Zoom, Facetime or Whatsapp to give you more options to keep strong and moving.

*You may apply your current package to these online sessions!