

Hi Rebel family! We miss seeing all of you in the studio, but we're glad everyone is laying low and staying safe. All the virtual yoga has been helping a lot with the stress of these uncertain times. You may have seen us streaming classes on Instagram LIVE — this has been a great temporary solution as we researched a way to bring you virtual classes on a user-friendly platform that also worked well with Mindbody.

We are excited to announce that we are streaming classes on **Zoom** beginning Tuesday, March 24. Zoom is a great virtual platform that allows you to see the yoga teacher and the other class participants. It's fun to use and easy to get started. **Zoom classes on Tuesday 3/24 and 3/25 are free** with **the option of sending your teacher a donation through Venmo**. Alicia is teaching at 9am on Tuesday and donating all her proceeds to Philabundance. Thank you, Alicia! Beginning on Thursday, March 26, we will shift to the virtual drop-in rate of \$10 (class cards accepted).

Check out the schedule, as you normally would, in Mindbody. Preregistration is a must and helps the whole process run smoothly — more on this below.

In this note, we'll share the steps to join our Zoom classes and updates about memberships/packages.

HOW TO JOIN US ON ZOOM:

- Just like before, **see our schedule and sign up for class in MindBody.** **Registration will close one hour before class.** This gives us time to send the class link to everyone signed up.
 - After signing up you will receive a link to the class in an email. You will receive this link about 30 minutes before class is scheduled to begin.
 - Click the link you receive when it's time for class and you're in!
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- You may be prompted to download the Zoom software/app to your device. If this is your first time on Zoom, **you may want to log in ahead of time and take a few minutes to set up an account.**)

TIPS:

- **Log in early** and have your yoga props handy. Logging in ahead of time is also lots of fun! It gives us all a chance to catch up and say hi. :)
- **Make sure your device is charged** — no fun to have your laptop die in the middle of practice!
- **Mute your device.** Make sure you mute in Zoom, just muting the sound on your device doesn't do the trick.
- For a closer look at your teacher's movements, double tap their window to enlarge.

PAYING FOR ZOOM CLASSES:

- You can use classes cards and packages.
- If you prefer, you can pay the virtual drop-in rate of \$10.
- Unlimited memberships are not accepted.
- Process your payment right in MindBody.

CLASS CARDS AND MEMBERSHIPS:

All monthly memberships have been frozen as of Monday, March 16 and will remain frozen until we reopen which is hopefully sooner rather than later. Class card extensions and adjustments to monthly membership billing will be made once we are ready to open our doors. You can use your class cards or package to pay for Zoom classes or you can pay the \$10 drop-in rate.

Deep breaths. It's been a crazy time and we appreciate the Rebel community more than ever. So many of you have reached out to check in, offered suggestions and have spread the word about Rebel on social media. THANK YOU for your encouragement and your patience.

We're excited to get be together in the studio again... but until then, **let's Zoom!**

We'll "see" you on the mat,

Sue and the Rebel Team

May we suggest some retail therapy?

Social distancing is no fun. Check out our online store and shop our collection of luxury activewear and all the cozy stuff you need to feel cute while chillin at home. Use promo code FCORONA for 20% off all orders!



Share

Forward

Tap here to follow us on Instagram!
