

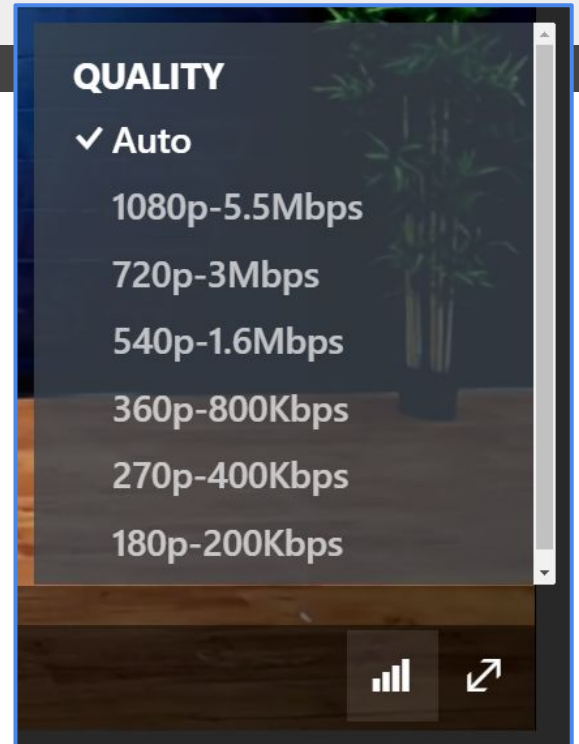
Streaming Tips

For users experiencing live & on-demand class streaming issues or “freezes”

#1: Adjust your class settings

We’re all watching class from different locations, and sometimes our WiFi is just not good enough!

TIP: Click on the network bars on the bottom right corner of your class video to **lower the video quality** based on your internet speed & location.



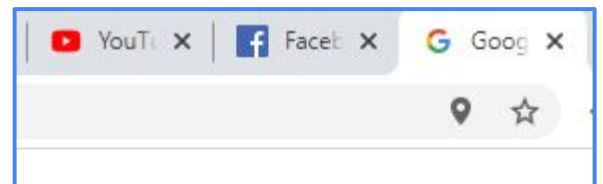
#2: Close out other tabs/programs

If you’re someone who has 400 tabs open at all times, or multiple devices on your WiFi, your streaming experience may take a hit.

TIP: Close out your other programs and sites while you’re taking a virtual class!

TIP: Remove excess devices from your WiFi.

Every open page or app on your laptop or phone takes up WiFi, and our live class streams need solid bandwidth to work well.



#3: Refresh, reload, & relax

TIP: Refreshing your browser, or closing and re-opening the stream, typically fixes a site issue you may be experiencing.

