



# Illuminate You Fitness

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## Be Ready for Your Class!

### Your Guide to a Great Experience

Welcome to Illuminate You Fitness (IYF)! We're so excited to have you join us for your first five live Zoom classes-free of charge. Here's everything you need to feel prepared, confident, and connected before you press "Join Meeting."

### Set Up Your Space

- **Quiet + Comfortable:** Choose a calm area in your home where you feel relaxed and can move freely.
- **Mat Matters:** A yoga mat or soft surface helps protect your joints and supports your movements.
- **Room to Move:** Make sure you can stretch your arms and legs out in all directions.

### Tech Tips for a Smooth Class

- **Strong Internet = Smooth Class:** A stable Wi-Fi connection makes all the difference.
- **Zoom Ready:** Download the Zoom app ahead of time and test it out if it's new to you.
- **Camera On:** A laptop, tablet, or phone with a camera allows Kelly to offer personal feedback.
- **Let There Be Light:** Make sure your space is well-lit so we can see your form and cheer you on!

### What to Wear & Bring

- **Dress to Move:** Comfy, form-fitting workout clothes help with movement.
- **Optional Gear:** A towel, water, light hand weights (1-5 lbs), or a small Pilates ball if you have them.
- **Barefoot or Grip Socks:** No shoes needed!

### Pro Tips from Kelly

- **Arrive Early:** Say hello, let Kelly know about any injuries or modifications you need, and settle in.
- **Adjust Your Camera:** Angle it so we can see your full body while standing and lying down.
- **Stay Open & Curious:** Every class is a chance to build strength, flexibility, and confidence.

Need help? Just email us at [kelly@illuminateyoufitness.com](mailto:kelly@illuminateyoufitness.com)