Quick Tips for Fitness & Music Class Instructors
Where audio and video matter in Zoom classes

**Zoom Audio Settings**
To Access the Audio Settings, go to Zoom Preferences or Click the Up Arrow next to the Microphone Icon on Lower Left Corner of Meeting Screen & Choose “Audio Settings”

Uncheck – Automatically Adjust Microphone Volume & Set the Volume to High

**Advanced Settings**
Lower-right corner
1. Check – **Show In-Meeting Option to “Enable Original Sound” from Microphone**. This Stops Audio Compression.
   NOTE: The Show In Meeting Option appears in the Upper Left Corner on the Zoom Meeting Screen as “Turn On Original Sound”. Click on the Little Triangle next to “Turn On Original Sound” for a Pop Up Menu to Select Sound Source of a Microphone or Mixer
2. Disable – **Suppress Persistent Background Noise**
   Disable if you have a Quiet Environment or Playing Sound from a Boom Box
3. Disable – **Suppress Intermittent Background Noise**
   Disable if you have a Quiet Environment or Playing Sound from a Boom Box
4. Auto – **Echo Cancellation**

**To Play Background Music**
From iTunes, Spotify, YouTube, etc.
This is a good option if you do not have a mixer.
1. Open “Screen Sharing”
2. Click “Share Computer Sound” on Lower Left Corner
3. Click “Advanced” Settings Button on Top
4. Select “Music or Computer Sound Only”
   NOTE: Adjust Music Volume through iTunes, Spotify, YouTube, etc. You will need to check with Zoom Meeting Participants for the Balance between Voice & Music

**Equipment**
For Fitness or Music Classes where sound and video are a must for a multi-sensory experience for your students, the following equipment is used by most professionals on a limited budget.

Wireless Headset Lavalier Microphone System Nasum $41.99
Wireless Lapel Mic with Bodypack Transmitter for iPhone, DSLR Camera, YouTube, Podcast, Vlog, Church, Interview, Teaching, PA Speaker, Video Recording
You can find them on Amazon
[https://www.amazon.com/gp/product/B07VB4Q32S/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07VB4Q32S/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1)
or
[https://www.amazon.ca/Microphone-NASUM-Transmitter-Interview-Recording/dp/B07VB4Q32S](https://www.amazon.ca/Microphone-NASUM-Transmitter-Interview-Recording/dp/B07VB4Q32S)
Logitech C920s Pro HD Webcam $69.99
These are sold out, but should be available again late April-early May.
You can find them everywhere: B&H, Target, Best Buy, Amazon

Behringer Xenyx Q502USB Mixer with USB $78.99
These are sold out, but there are 2 options. They’ll be available in mid-late April. The second option is available now with a slight upgrade (see below).

Behringer Xenyx Q1002USB Mixer with USB (Normally $128.99)
My agent at Sweetwater gave me a deal for $109 + Free Shipping.
https://www.sweetwater.com/store/detail/Q1002USB--behringer-xenyx-q1002usb-mixer-with-usb

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