

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

or

<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

https://www.bhphotovideo.com/c/replacement_for/1461727-REG/logitech_960_001257_c920s_hd_pro_webcam.html

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).

<https://www.sweetwater.com/store/detail/Q502USB--behringer-xenyx-q502usb-mixer-with-usb>

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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