

Share

Balancing Music and Voice in Zoom Fitness Classes



Bea Alt

Simple solution to the problem of balancing Music and Voice in Zoom fitness classes: *Thanks to ideas from Lynda Buske and patient feedback by the Beacon Hill Fitness Group*

Host

- Setting as suggested in previous Zoom share (no waiting room)
- Turn off HD video
- In audio settings:
 - Set mic and speakers to max volume
 - Enable: show in meeting option to “turn on Original Sound”
- Share music from computer (adjust volume in pre-class sound check)

Participants

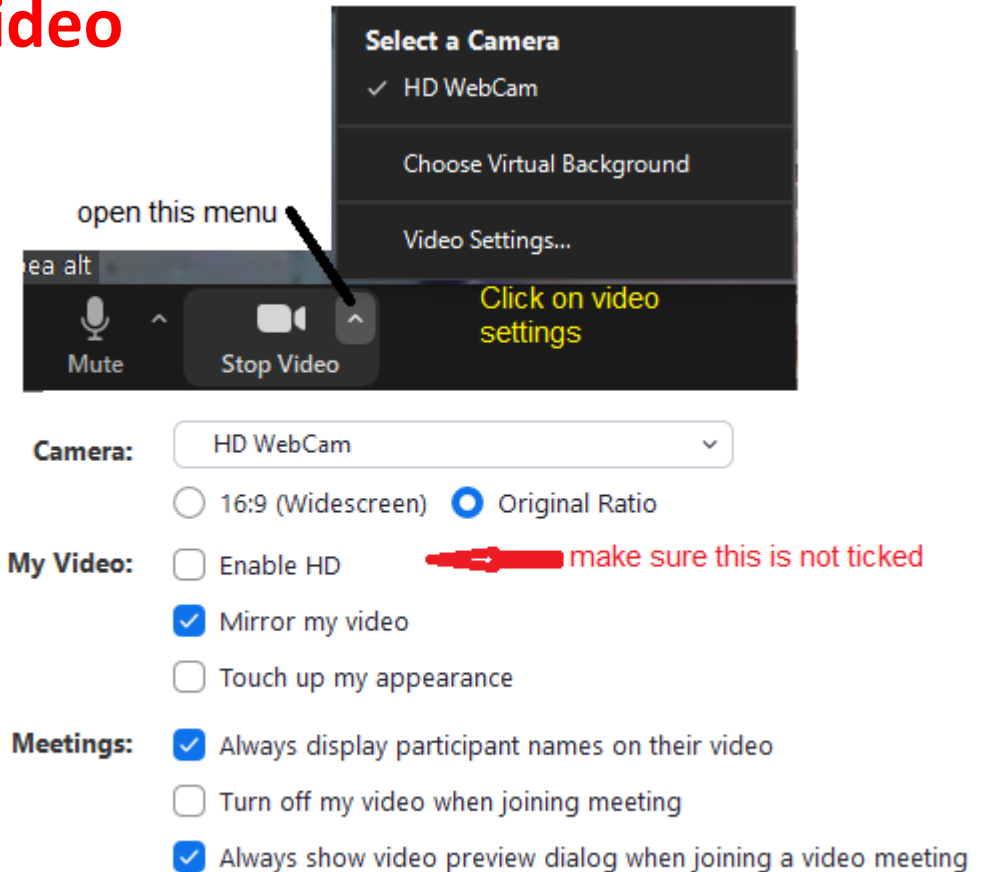
(simplified because *ipad users may not always have the same access to settings as PC users*)

- Turn volume on device to max
- If using a PC: in audio settings enable: show in meeting option to “turn on Original Sound”
- Use Speaker view for class and Gallery view for chatting
- Turn off HD video

Turn Off HD Video

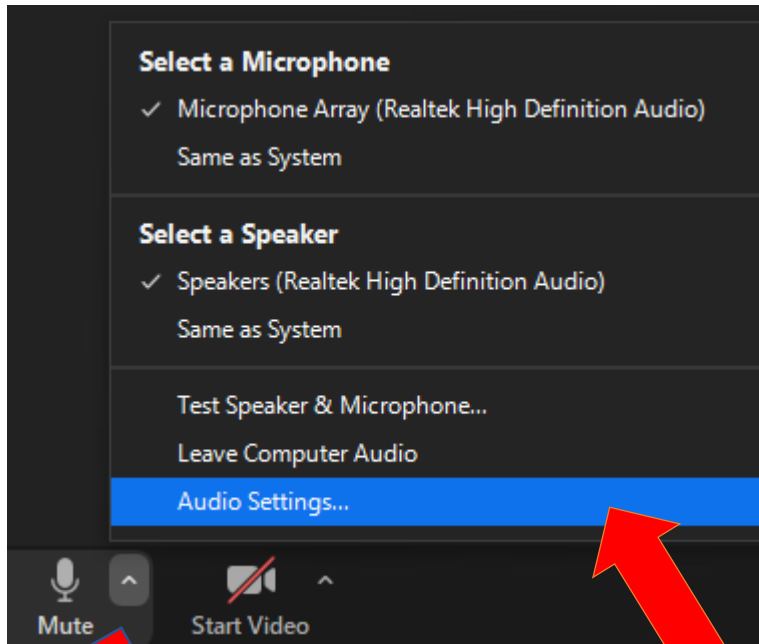
Host and Participant

If everyone turns off HD video the bandwidth required by everyone will be lower. This is important for participants who live outside the city or have limited bandwidth plans or older devices (for instance my old Ipad does not do as well as my PC with multiple participants.)



Audio settings

Host and Participants



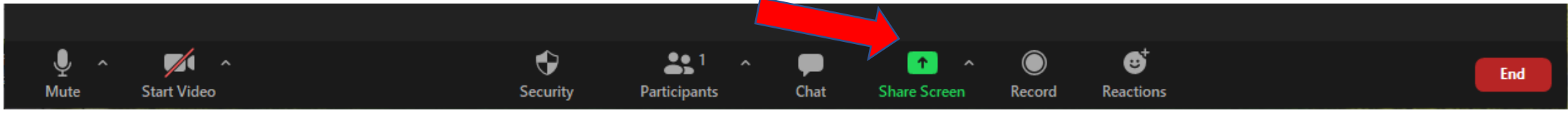
1- Click up arrow beside mic icon

2- choose Audio Settings

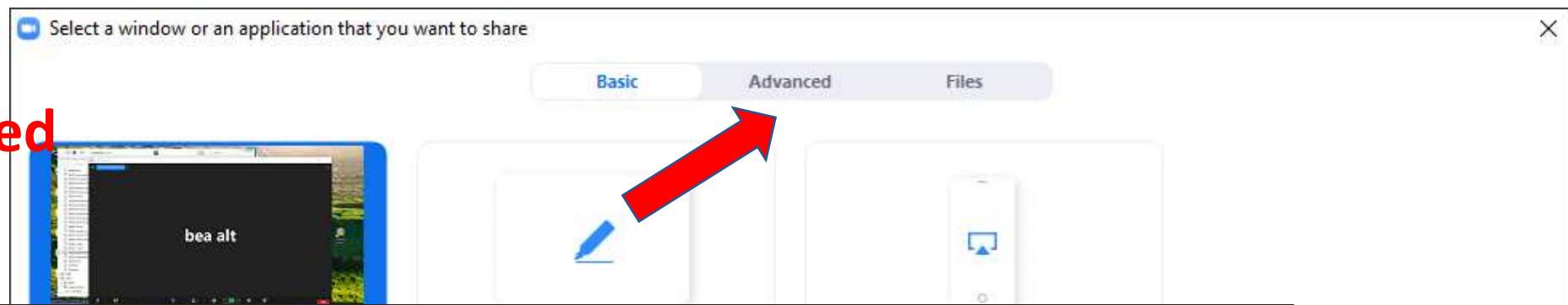
A screenshot of the Windows Settings application, specifically the 'Audio' settings page. The left sidebar shows various settings categories, with 'Audio' selected. The main content area is divided into 'Speaker' and 'Microphone' sections. In the 'Speaker' section, there is a 'Test Speaker' button, a dropdown menu for 'Speakers (Realtek High Definition Audio)', and a volume slider for 'Output Level' and 'Volume'. In the 'Microphone' section, there is a 'Test Mic' button, a dropdown menu for 'Microphone Array (Realtek High Definition Audio)', and a volume slider for 'Input Level' and 'Volume'. Below the volume sliders, there are checkboxes for 'Use separate audio device to play ringtone simultaneously' and 'Automatically adjust microphone volume'. Under the 'Suppress background noise' section, there are radio buttons for 'Auto', 'Low (faint background noises)', 'Medium (computer fan, pen taps)', and 'High (typing, dog barks)'. At the bottom, there is a 'Music and Professional Audio' section with a checked checkbox for 'Show in-meeting option to "Turn On Original Sound"'. A red arrow points to this checkbox. At the bottom of the settings page, there is an 'Advanced' button. Three red arrows point to the speaker dropdown, the microphone dropdown, and the 'Show in-meeting option...' checkbox.

3- Slide mic and speaker volume to max setting

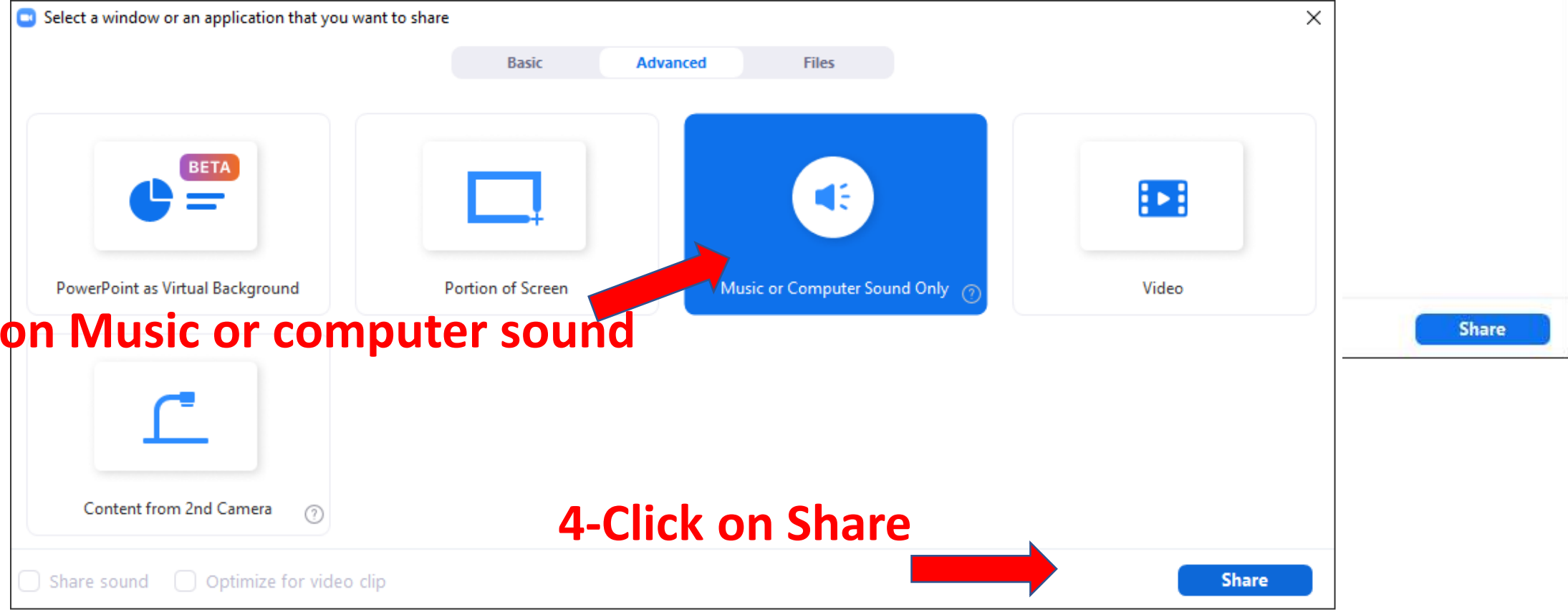
4-click to check the box Show-in-meeting - turn on original sound



1-Open share
2-Click on Advanced



3-Click on Music or computer sound



4-Click on Share

Host: Set up for playing music from computer (I use itunes play Lists)

The image shows a Zoom meeting interface with several annotations. At the top, a green bar indicates "You are sharing computer sound" with a "Stop Share" button. A yellow text box with a red arrow points to this bar, stating "Shows that using shared computer sound". Below this, a blue button says "Turn off Original Sound", with another yellow text box and red arrow stating "Allows to turn on and off original sound". The main area shows a "Speaker view" for "Bea Alt" with the text "Bea Alt Speaker view for during class" overlaid in yellow. To the right, a "Views" window shows a "Gallery view for chatting" with two thumbnails of "Bea Alt". A red arrow points from the "Views" window to the "Mute All" button in the bottom right corner, with the text "Mute all before starting class". The bottom toolbar includes icons for Unmute, Start Video, Security, Participants (2), Chat, Share Screen, Record, Reactions, End, Invite, and Mute All.

Views

Shows that using shared computer sound

Allows to turn on and off original sound

Bea Alt Speaker view for during class

Gallery view for chatting

Mute all before starting class

Some tips for using computer music for Zoom fitness

- Group songs from similar sources together
 - For instance commercial exercise music – tends to be loudest
 - Music the same CD source will have similar sound ranges
 - Music from you-tube can be very variable – needs to be checked against a frequently used song
- Use Instrumental music when you need to be sure directions are heard clearly.
- If you need to speak in a regular voice move closer to your mic

I set it up with iTunes just peaking out above the Zoom window – that allows me to access iTunes to change the volume and skip songs etc

Still to do: *it is annoying that any time you need to adjust iTunes it covers the zoom window and you have to get back to it by clicking on the zoom window (time consuming on the track pad). I need to keep the zoom window as big as possible so I can see the participants (for safety and form checks). A second monitor is the solution – but so far I have not ironed out the tech aspects of that.*