

Welcome!

We are excited to have you join the Recess Family! To help you get started, this guide will assist you in navigating the platform.

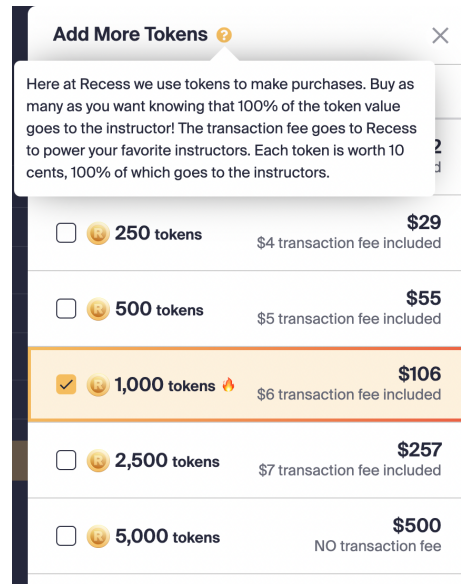
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Getting Started with Recess!

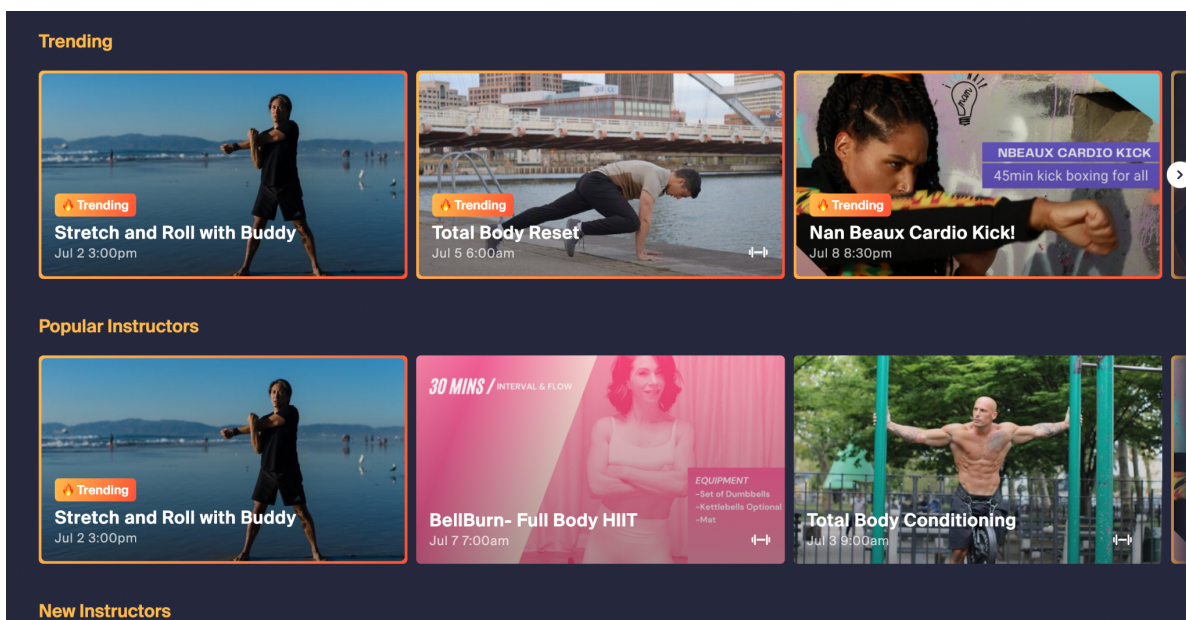
What are Tokens?

Tokens are used to purchase classes, packages, memberships, and more! The token value goes directly to your favorite instructors and all transaction fees are put towards maintaining and building Recess.

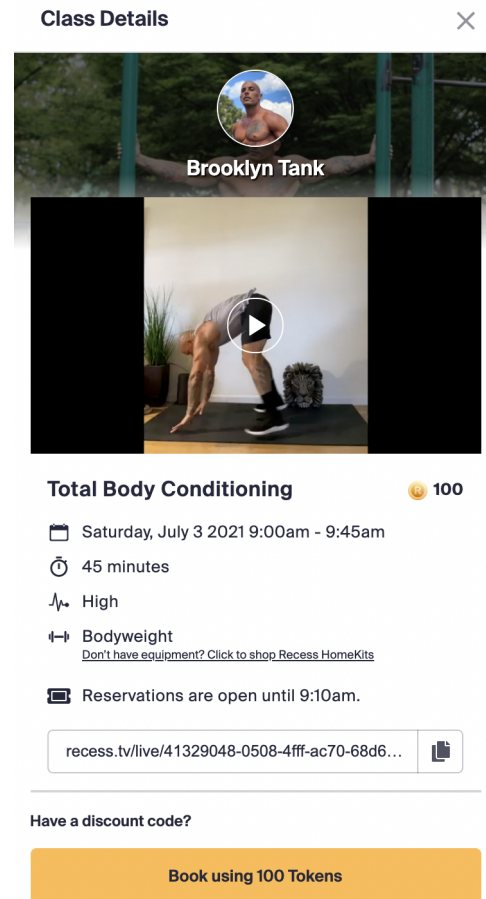
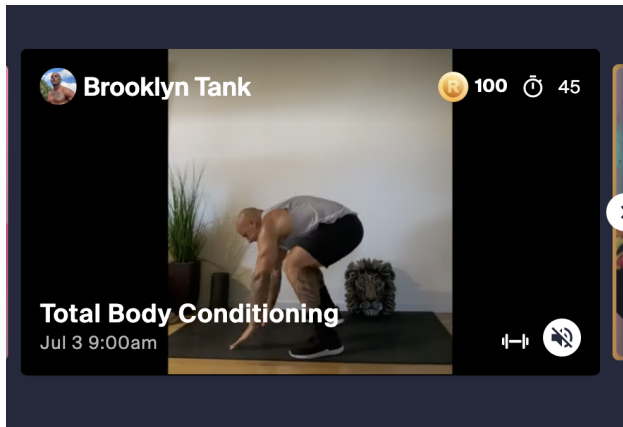


How to Book a Class

To book a class, you can do this from the classes tab or directly from the instructor's page. To book a class from the **classes** tab scroll down the page to find the class you are interested in taking:

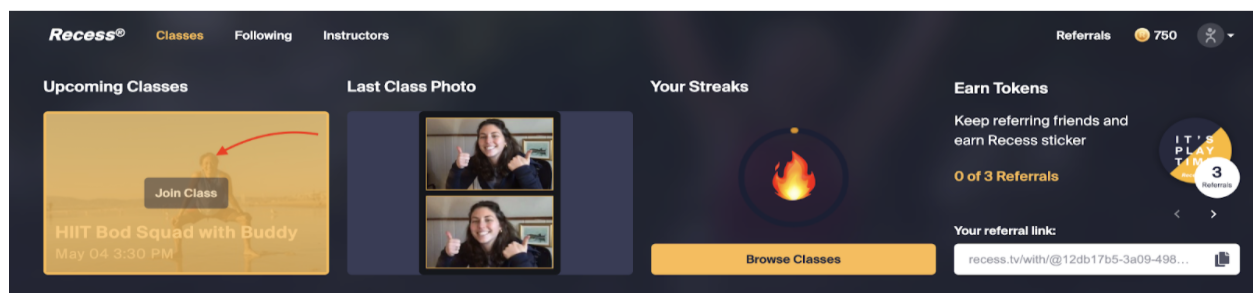


Once you find the class you want to book, click on the class and a pop-up window will appear. Click on the **“Book using tokens”** button :

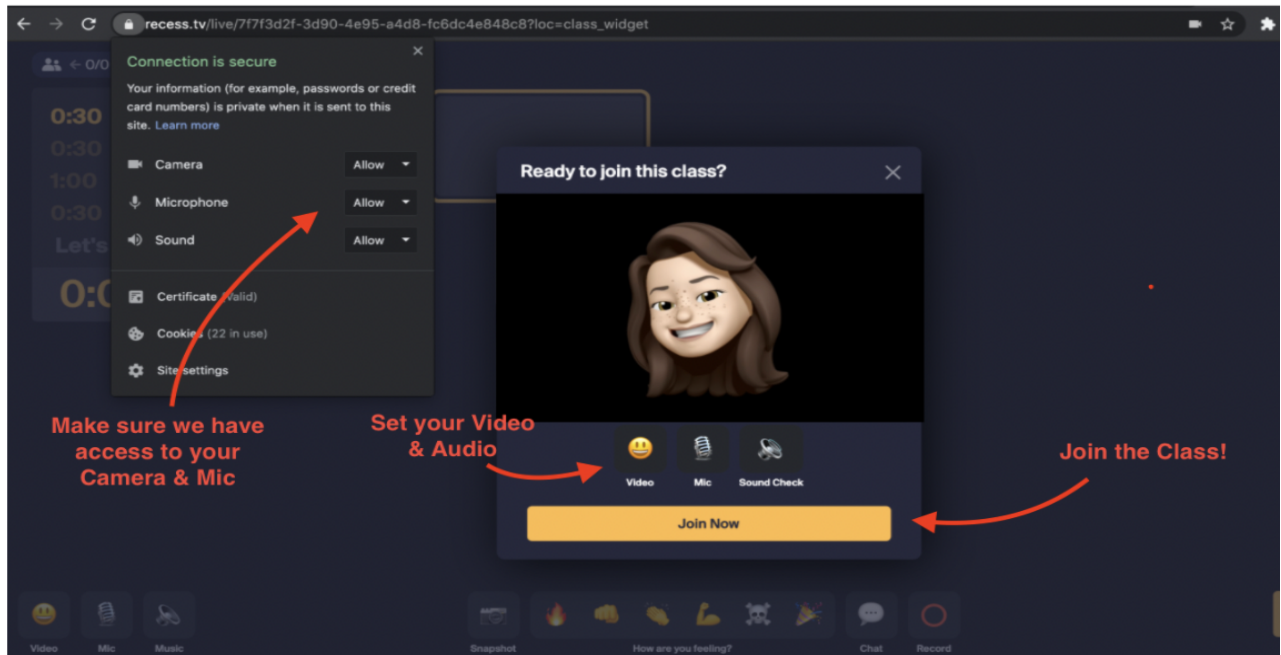


How to Join a Class

Head over to the **Upcoming Classes** section on the left-hand side of your screen. Hover over the class and click on **Join Class**:




Make sure to grant us access to your camera and microphone by clicking on the lock symbol on the URL bar. Once this step is complete, you can test your audio and video before joining the class. When you are ready to join the class, click on **Join Now**:








When the class is over, you will have the opportunity to rate the class and to leave your instructor a tip or donation:

Rate your class experience





Josh Wonder

How do you feel after that class?


☐ 
☐ 
☐ 
☐ 
☐ 

Show your instructor you loved it!

☐ No Tip
☐ 10
☒ 15
☐ 20

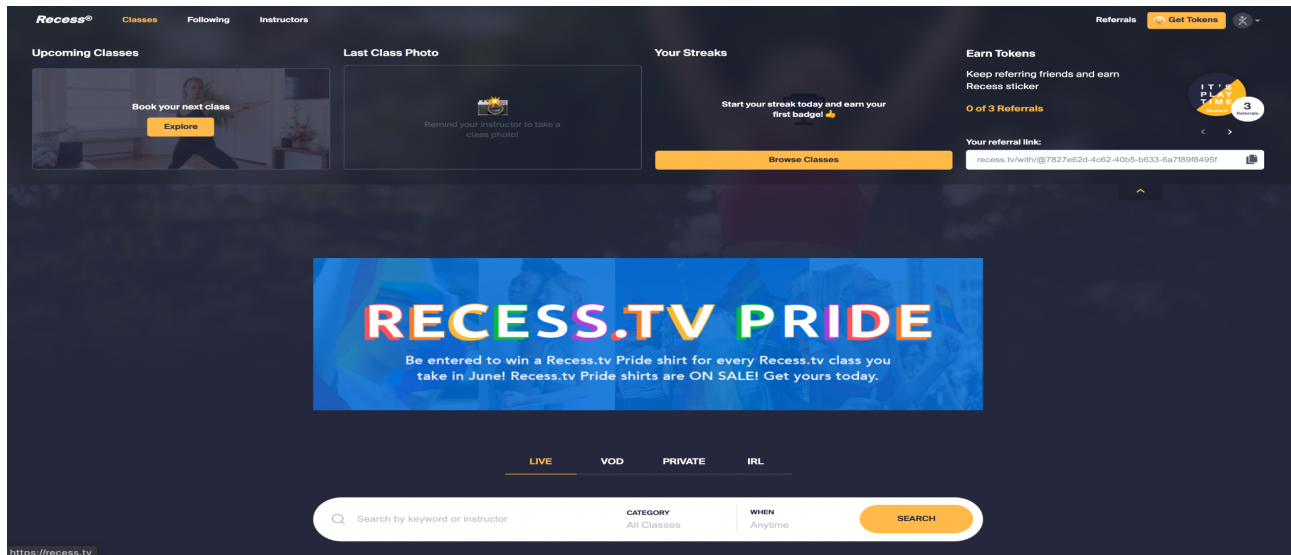
 AVG TIP 

Done

 225 tokens Available

Navigating Recess

This is your **home page** when you sign into Recess. The **Classes** tab is where you can search for any class you wish you take. You can search for Live, VOD, Private, and IRL classes:



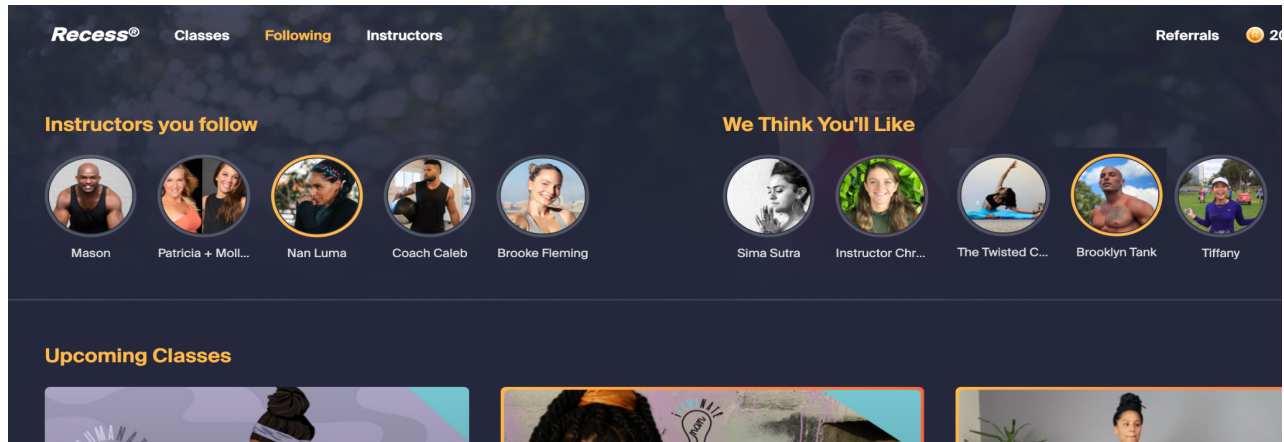
Upcoming Classes shows you when your next scheduled class is coming up.

Your **Class Photo** shows up here, you can take a class selfie in any of your classes. Class photos are a great way to connect with other users on the Recess platform.

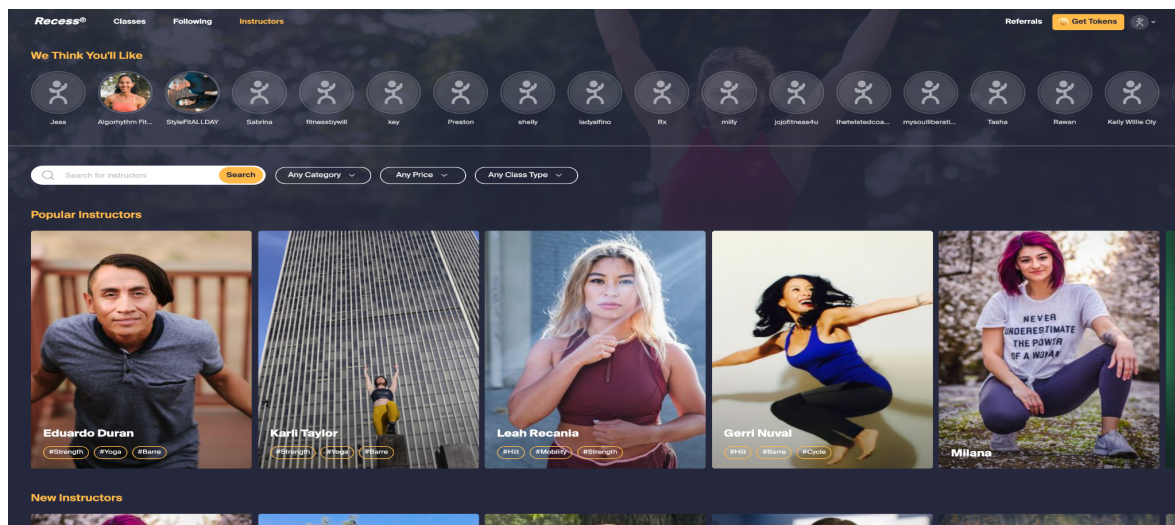
You gain **Your Streaks** by taking a certain amount of classes to earn cool badges as you continue to take classes on Recess.

You **Earn Tokens** by Referring your Friends, for each person you refer you earn 100 tokens. The more tokens you earn the more classes you can take!

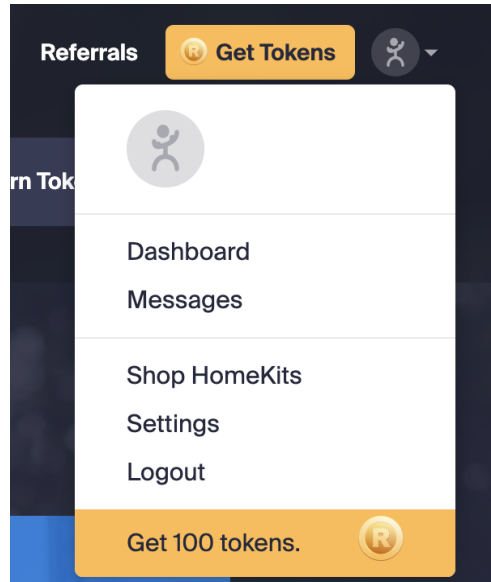
The **Following** tab is where all followed instructors are found here. Think of it as a “one-stop-shop” where you can find your favorite instructors and their classes without having to search for them:



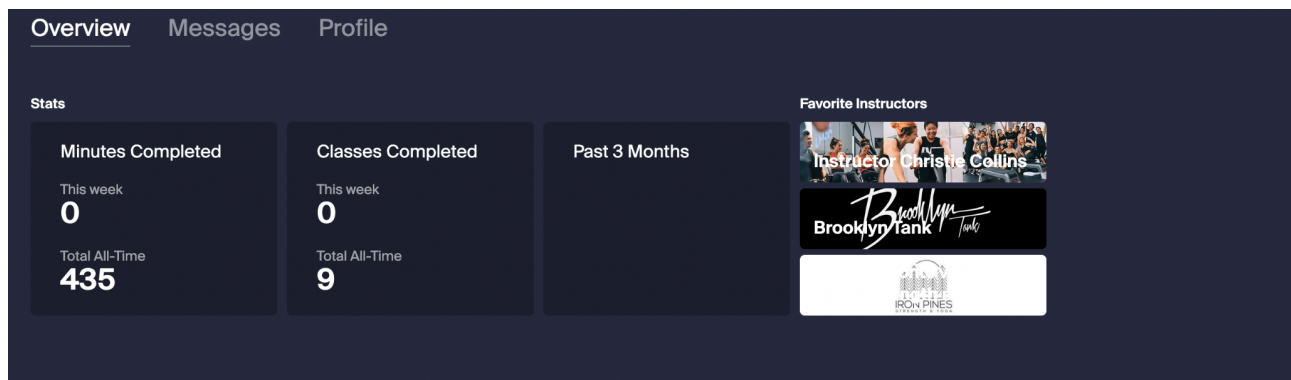
The **Instructor** tab is a great place to discover and search for new instructors to see what they have to offer:



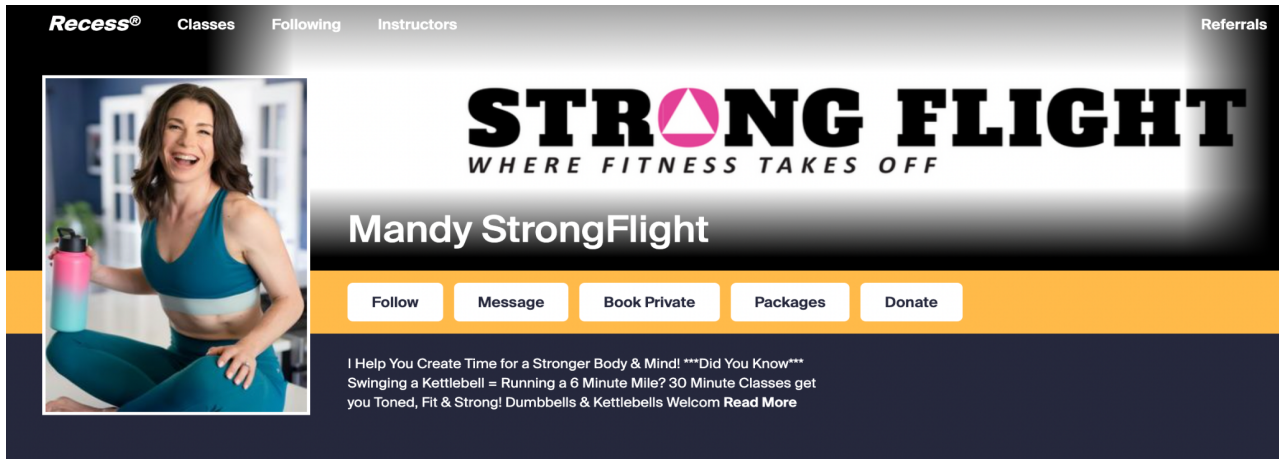
To access your **Dashboard**, you can find this in the drop-down menu located on the top right-hand side of the page and it will take you directly to the **Overview** tab :



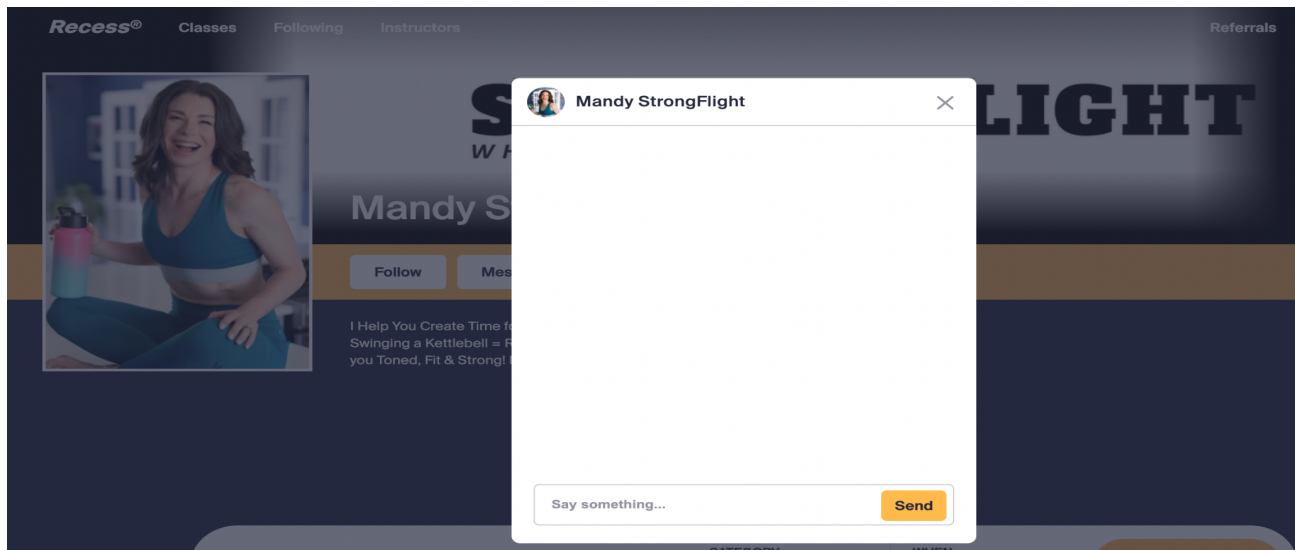
The **Overview** tab is where your dashboard stats displays the number of minutes and classes you have completed. You can also find your top three favorite instructors here!



To send a message to an instructor, you'll need to head over to their page and click on the **"message"** button:



A chat pop-up window will appear and this is where you can send a message to the instructor:



Once the message has been sent, you can continue the conversation in the **Messages** section where all instructor communication via Recess can be found here:



What kinds of classes are offered?

Live, Private, Video On-Demand (VOD), In Real Life (IRL)

Live classes are available to the general public and are scheduled in real-time.

Private classes are exclusive to the individual or small group of people. An Instructor can invite you to take a private 1:1 class or a private small group training session.

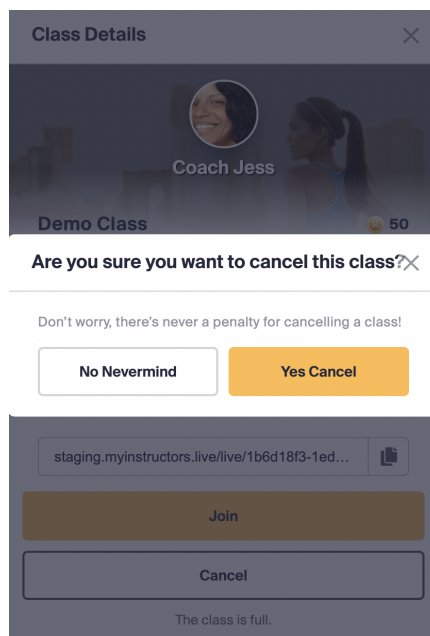
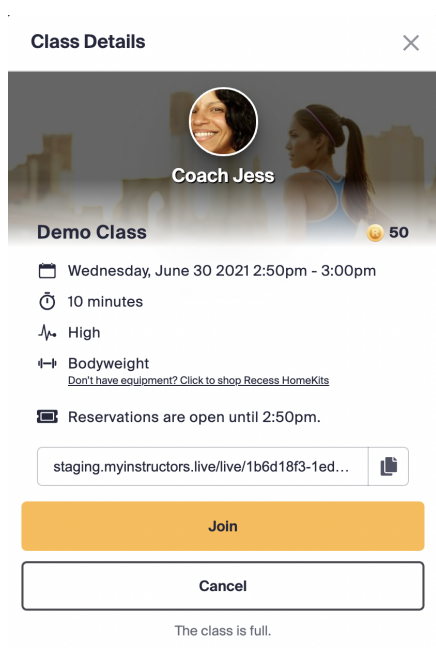
VODs are available at any time, but some classes have an expiration date.

IRL are classes are offered in person. If you want to take a class with your favorite instructor that is nearby, IRL classes are for you!

How to Cancel a Class

If you are unable to make it to your class, canceling your class is easy! Head over to your Dashboard and you will see your upcoming live class. Scroll over to the class and click on the class.

You will see this pop-up window appear and click on the **Cancel Button** and select **Yes Cancel**:



Purchasing a Subscription or Membership

What is a Recess Subscription?

Recess subscription offers three **fixed** plan options, think of it as a “one size fits all” subscription plan as you go up in the subscription tier. Recess Subscriptions gives you access to all instructors on that platform.

How is it different from Instructor Memberships?

Instructor memberships are **exclusive** to that instructor you are training with. Instructors have free reign to create and customize memberships offerings to their clients. When purchasing a membership with that instructor, you have access to only their class offerings on the platform.

See comparison screenshots to see the differences below:

Recess Subscription:

Recess Subscriptions ?

×

Tokens

Subscriptions

☒
Unlimited VOD
 Watch as many On-Demand videos as you want. Renews every 30 days.

99
 \$9.99

☐
Unlimited VOD + 500
 Watch as many On-Demand videos as you want, plus receive 500 tokens to be redeemed on any Live classes. Renews every 30 days, unused tokens expire and do not carry over to the next month.

499
 \$49.99

☐
Unlimited All
 Watch as many On-Demand videos as you want and take as many Live classes as you want (max 2 per instructor). Renews every 30 days.

999
 \$99.99

New card

Card number

MM / YY CVC

Pay now

Sample Instructor Membership:

Select a Package

×

Recess.tv uses Tokens ?

Memberships

Class Packs

Programs

Subscribe to Ivory Skye each month. These exercises are performed with differing.

Unlimited Live
 Get unlimited access to all Live classes for 30 days, auto-renews.

100/month

Unlimited On-Demand
 Get unlimited access to all Live classes for 30 days, auto-renews.

150/month

Classes Live

Classes On-Demand

Classes Private

×

✓

×

Unlimited Live + On-Demand
 Get unlimited access to all Live classes for 30 days, auto-renews.

200/month

300 tokens Available

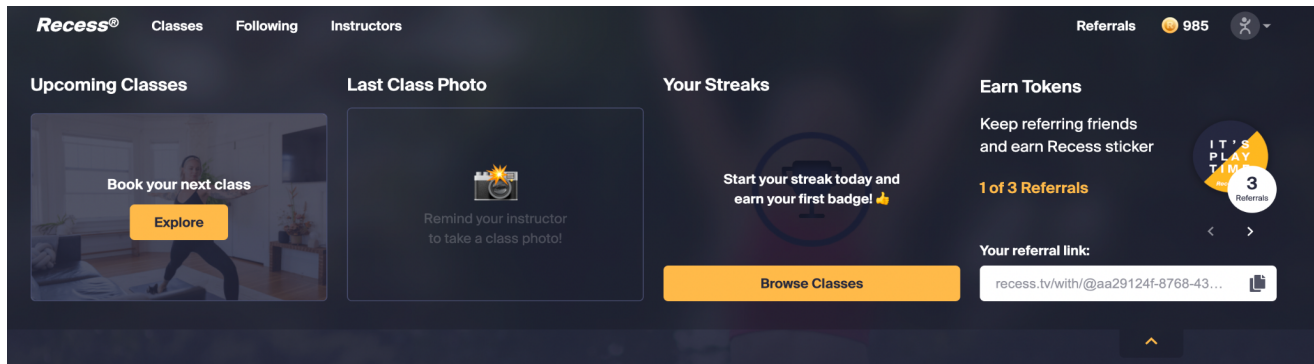
Have a discount code?

Purchase Membership

Recess Referral Program

The Recess Referral program is a great way to earn some free tokens. You earn 100 tokens for each friend or family member you refer. When your friend or family member signs up, you each earn 100 tokens.

To send someone a referral, head over to the top right-hand corner of the screen and click on **“Referral”**



A popup window will appear, this is where you will be able to enter as many email addresses you wish to send your referral link to:

Refer a Friend

Refer a Friend to Recess.

Get 100 free tokens

Share your referral link or enter refer a friend via their email address. After they sign up, you'll receive 100 free tokens . You can track to see who signs up below.

Your referral link:

recess.tv/with/@aa29124f-8768-4342-b1a4-c7c34c21e852

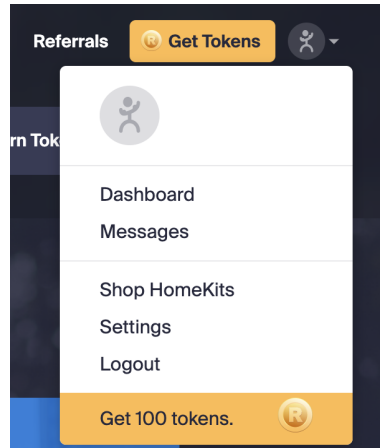
Email Address

Email Address

Refer Friend

Setting Up Your Account

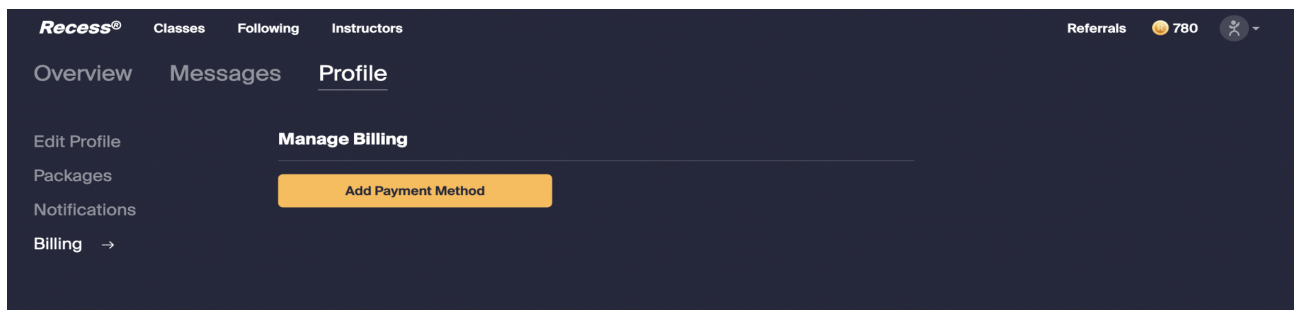
To add or update your payment information, you can do this by going into your **Settings**:



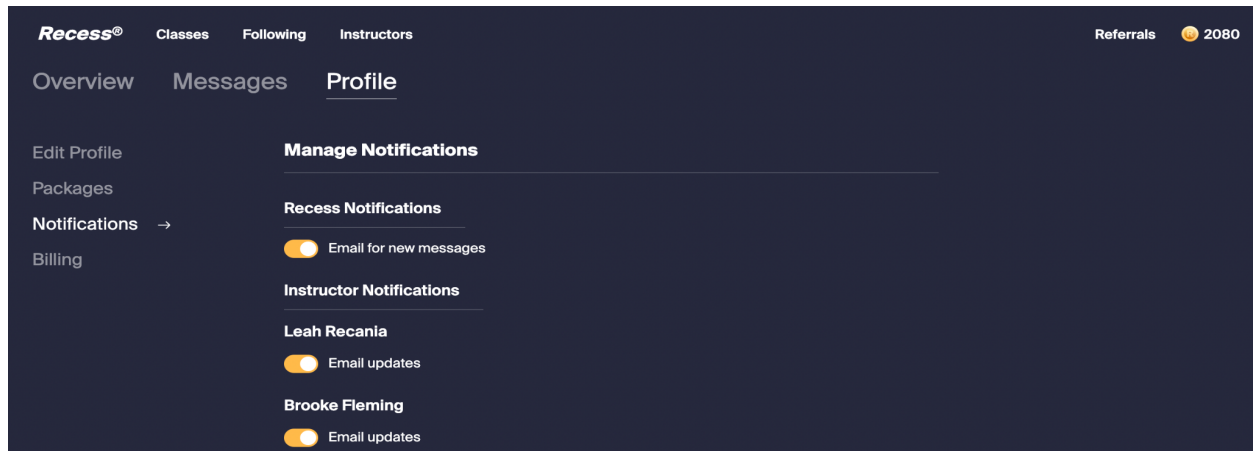
The **Profile** section is where you can edit and update your name, email address, password, and billing information on your Recess account:

A screenshot of the 'Edit your Profile' form in a mobile application. The form is set against a dark blue background. At the top, there's a navigation bar with 'Recess®' on the left and 'Referrals', 'Get Tokens' (with a coin icon), and a user icon on the right. Below the navigation bar, there's a tab bar with 'Overview', 'Messages', and 'Profile' (which is selected). On the left side of the form, there's a sidebar menu with 'Edit Profile' (with a right arrow), 'Packages', 'Notifications', and 'Billing'. The main content area is titled 'Edit your Profile' and contains several input fields: 'First Name' and 'Last Name' (each with a placeholder), 'Email Address' (with placeholder 'j@test.com'), 'New Password' and 'Confirm Password' (each with a placeholder), and 'Current Password' (with a placeholder). Below these fields, there's a note: 'You must confirm your current password to apply these changes.' At the bottom of the form, there's a large yellow button labeled 'Save'.

To set up your payment information, head over to the **Profile** section and click on **Billing**, and select **Add Payment Method**:



In the **Settings** section of your account, you can edit your notification preferences. To receive notifications from Recess and your favorite Instructors, toggle the switch to enable **“Email for new messages”**:



This is to ensure that you receive all notifications for upcoming classes or updates from your Instructor.

You're ready for Recess, it's Playtime!

Need Help? Contact Support at support@recess.tv for assistance with any technical issues or general inquiries