We know navigating Facebook can be an adventure, and many users had a hard time finding SilverSneakers’ Facebook Live Stream: Virtual SilverSneakers Exercise Class. Below are three tips to make sure you don't miss any future [Facebook Live class](https://go.silversneakers.com/e2t/c/%2AW5sfp918XGprNW1RK7KK8jKLQT0/%2AW5mCRYg2tVnLmW98y8054Vly4f0/5/f18dQhb0SbTP8Y9ZwPW8xGdX44T_wynW63Bdn03xLxlxW7NRtL330r3g4W62X7vT3sR1cCW5B6d7b5RZkMwW5L1J3D3jLT2QW316zJG3R0g-vW3QZmcn3SXvYPW3Mwl0V3jJ_1yW5K-FKH5B4_2rW8DvH6l8x-WDlW6bgDfg3v7vPMN5G1GqNdty0WW3v7CBP3Wlz2MW5RXcQ25BWVshW2Rxr-s7wVs9bN1lRb4_1RX_ZW1PtPF45Wd0bFW5-2sjB7ZzDyKW7GLjPj2LHfPWW67-NVP7p093NW7VH2XT1Dbk3KW224Qyl82qBZHW6FHckZ7jdmMXW7JW40_83w4ZGW24QwST228CYjW67PvFR7DVXrtW1smxvm7ll9QQW2bTwPc7n76ZzW1YYPpP1FpfhgW1PchhV1npRGlW74Xdyk42ktmGN91pYQNcWbVfW4Wpz-04w2J8WW7tFxzW8hGR2MW6VBKcD4ZVM6CW2YlmmY2GD9D7W49FLtv821JKxN8hvZ3QbGjFJW26gt8k78bC2MW4CS_R645_yZHW4Pxl5Q3DlwBbW7P0F273Gk2R80)es and always will be alerted when a new class is going live.

**1. Mark yourself as "going" on the Event Page**

The Facebook event page is where they post updates and keep in touch in advance of events. Marking yourself as "going" or "interested" adds the event to your Facebook Calendar and keeps you in the loop. Although you don't need a Facebook account to watch the Facebook Live class, you do need a Facebook account to mark yourself as "going" to an event. Click here to see [SilverSneakers FB Events](https://www.facebook.com/pg/silversneakers/events/?ref=page_internal) page.

**2. Turn on Facebook Live notifications**

This one can be tricky, because different versions of the Facebook app and different web browsers place notifications in different places. If you're on a computer, you can find your Facebook Settings under the down-arrow menu. It's where the orange arrow is pointing in the image below. On the Facebook mobile app, the menu button looks like three horizontal lines.



Just click that down-arrow menu icon, then click **Settings** to access your settings. Once there, you'll see **Notifications** on the left side. Click that, and you'll be able to turn on your video notifications and decide how you're notified, including options for email notifications, smartphone notifications, and even text messages if you like! Activating notifications will let you know when they are streaming video to Facebook Live. On a smartphone, the process is similar but a little harder to find, so [**we made you a video to help**](https://go.silversneakers.com/e2t/c/%2AW5sfp918XGprNW1RK7KK8jKLQT0/%2AW2ZXKld997VL7W4tjR-q5TCwPn0/5/f18dQhb0Sq5v8Y9YsWW8xGdX44T_wynW63Bdn03xLxlxW1XC93f60T6x8W2KM3Wf1nCvcpW5-0-Fx1bD4MrW1M76yD7kcQy-W20X8n41X0pB1W7r6GMk7TDD13W1P3-pV6wBk6qW7qVKRN1L4LKyW2WtZKJ2GFmQXW6z4Wfk8WmnMSW6BQp8q8NWN57W2KCCyj2XV1jRW7xR9_s2Vjhb0W5bPQ0k7v4mGyW8p6tHM5wM1SjVb34kq8VmtJ8W8W1LYJ3PbmKYW55T8N87w3wPSW1NC3Kc1F6KTtW1WYPRj1ZVWpMW7v5JGD1WKHl0W1HH31j1w0LD9W56Rbx22QSHt_W48lksg2V-GPqN45zrdLmmwqfN1S0ZdKhSPtvW92XNpG7jJqc_W2V-hp_8ZZW_dVnCqbr1v_qlrW1J7MNl45CbjpW1BZbm27ZjRCNW1BxxJm7rCGHSW73R1h2224nsQW1WZrgd1M7jPnW1ymffc7bp25GW2jT2zf2j-SgtW2L5Ghq8kRrS-W7zjbbl44Lm_KW1NtMZD2JskWcW86HLlN9bXnx_VLm-7q1WPqF4MpW00rJ02hN111).

**3. If all else fails, go to facebook.com/silversneakers**

They will have the Facebook Live class pinned to the top of the SilverSneakers Facebook page any time they’re live, so anyone who gets lost can meet there. If you're at [**www.facebook.com/silversneakers**](https://go.silversneakers.com/e2t/c/%2AW5sfp918XGprNW1RK7KK8jKLQT0/%2AN2s3mYfC9K_HW8mN6gk7Z70fG0/5/f18dQhb0Sjv78YHsrKW8XW3Zc2qwv15W31PDb01Pm1VvW98N_P930r4H_W6q1jtC6nv8vdW5K_zHr5S36t6W5S2bCn5CxnDnW34Z3Fv5z0L9bW2MznrN5nbq6BVGXpVf3-jN8VW2c5HxS1GsbnxW9cQ1502_YZc_W7MPv1x8W2c9WW32CQ2l8jxMNSW1Vx27W6Pkt_VN62_rT82wRf3W8mQMYT7NM5zGW74ccVL3X0g0yN6bp1cMbq5fxW4TKc2l5v_S9mW6QxWpj52dPtsW5tNhLG6NQqPfW1KxQFg51rtG7W4XJG8b1pRPxKN8KWLSRbKSpVW1vX6v_2BW4v9VXlhnY9j7jM1VNVjqF8qV2FSW5VWzL43rv369W1d7yhw7xM921VSf7Jr3L2x46W1bBvW33_5Xh9W4psH-C1NFfl4W8P4D7p51C5HvW8m7h1S3crcRtW5F2d608rC0H-W1McFC_7gYswVW4BwwnQ91MpNSW43PKDP1RsswYW3mcdfN1z06fLW3-WKtc4sPSdgMrLh9QrHSpXf580NMS02) during a Facebook Live class, you can't miss it. And while you're there, be sure to "like" their Facebook page to let Facebook know you want updates on videos, articles, and more that they share online.

The Fitness Zone will also post workouts and the occasional video. In order to get updates and maybe some motivation to workout on your own until we open again, Like our [FB Page here](https://www.facebook.com/The-Fitness-Zone-62860926930/) and our [Instagram](https://www.instagram.com/fitnesszonelugoff/).