

How To Join WoW VO Workouts

Workout Days and Times: *Duration of the workouts are approximately 90 minutes depending on the size of the group.*

Wednesday 10:00am PT)

Wednesday 5:00pm (PT)

Saturday 10:00am (PT)

How to Join

- **Criteria:** It is imperative that you meet the “Criteria” that is stated in the Information section when you go to register.
- **Audition:** To assess where you are in your VO development, an audition is necessary so that you are placed with the group that will be most beneficial to you. Record the script and export it as an mp3 labeled **WoW-Audition-FirstNameLastName.mp3** and send to LarryHudson@VOHeavenworkouts.com. In the subject line of your email type “WoW Audition”. [Click here to get the audition script.](#)
- **Skype:** You must have Skype installed and operational on your computer (connected to your recording microphone). Send a Skype connection request to Larry Hudson - Skype ID: **LarryDHudson**.
- If you don't have Skype installed on your computer use this link to create an account and to download and install the Skype desktop app. [Click here for Skype](#)
- **Dropbox account** – You must have a Dropbox account and have the Dropbox app installed on your computer. It is the way we share each week's scripts with each other for the workouts. [Click here to get a Dropbox account.](#) To see the Dropbox “How to Use” Video Tutorial [CLICK HERE.](#)
- If you wish to participate in VO Heaven WoW Workout, please start the process by going to <https://voheaven.wildapricot.org/>

In the **New Members** section on the Home Page, please click on the **Apply Now** button. There you will create your profile and pay for your 1st month. You will be automatically set up with automatic monthly payments, but will have the option to switch to manual monthly payments in your Profile once you pay for your first month.

You will also be **sent an email** with a temporary password. Please login with that password and follow the process to create your own password and agree to terms and conditions. (Note: in the future you can login on the website by clicking the icon in the upper right corner of the site.)

Please contact Laura Brodeur with any problems or questions at 949-230-7566 or laurabrodeurvo@voheavenworkouts.com

We look forward to having you join us on the Weekly Workouts!