

Phase 2 Class Schedule (Revised Effective July 6)

Monday:

- 8:00 AM – Silver Sneakers Circuit (25) –**Wellness Room, A &B**
- 8:00 AM –Puzzles (2)-**Gathering Room**
- 10:00 AM – Silver Sneakers Circuit (25)-**Wellness Room, A & B**
- 12:00 PM – Chair Pilates (15)- **Wellness & A**
- 1: 00 PM – Tat and Chat-**Arts & Crafts Room**
- 1:30 PM – Chair Yoga-**Wellness & A**

Tuesday:

- 7:30 AM – Cardio Pilates (20) –**Wellness Room, A &B**
- 8:00 AM – Wii Bowling (4)-**Game Room**
- 8:00 AM –Puzzles (2) -**Gathering Room**
- 8:30 AM – Quick Fit (10)-**Masters Gallery B**
- 8:30 AM – Walk Fit (20)-**Wellness & A**
- 9:30 AM – Arthritis(25)-**Wellness Room, A & B**
- 9:30 AM –Wii Bowling (4) -**Game Room**
- 11:00 AM – Arthritis (25) –**Wellness Room, A &B**
- 12:30 PM –Wii Bowling (4) -**Game Room**
- 1: 15 PM – Tai Chi (20) **Wellness & A**

Wednesday:

- 8:00 AM – Silver Sneakers Circuit (25) –**Wellness Room, A &B**
- 8:00 AM –Puzzles (2) -**Gathering Room**
- 9:00 AM – Ceramics - **Arts & Crafts Room**
- 10:00 AM – Silver Sneakers Circuit (25) –**Wellness Room, A &B**
- 12:00 PM – Rotary- **Masters Gallery B**
- 12:00 PM – Chair Pilates (15) **Wellness & A**
- 1:30 PM – Chair Yoga-**Wellness & A**

Thursday:

- 7:30 AM – Cardio Pilates (20) –**Wellness Room, A &B**
- 8:00 AM – Wii Bowling (4) -**Game Room**
- 8:00 AM –Puzzles (2) -**Gathering Room**
- 8:30 AM – Quick Fit (10) **Masters Gallery B**
- 8:30 AM – Walk Fit (20) **Wellness & A**
- 9:00 AM – Watercolor Painting- **Arts & Crafts Room**
- 9:30 AM – Arthritis(25)-**Wellness Room, A & B**
- 9:30 AM –Wii Bowling (4) -**Game Room**
- 11:00 AM – Arthritis (25)- –**Wellness Room, A &B**
- 12:30 PM –Wii Bowling (4) -**Game Room**
- 12:30 PM – Chair Massage (1st & 3rd Thurs.)- **Arts & Crafts Room**
- 1:15 PM – Tai Chi (20) **Wellness & A**
- 2:30 PM – Healthy Steps- **Arts & Crafts Room**
- 4:00 PM – TOPS- **Wellness & A**

Friday:

- 8:00 AM – Silver Sneakers Circuit (25) –**Wellness Room, A &B**
- 8:00 AM –Puzzles (2) -**Gathering Room**
- 10:00 AM – Silver Sneakers Circuit (25) –**Wellness Room, A &B**
- 12:00 PM – Chair Pilates (15) **Wellness & A**
- 1:30 PM – Ping Pong (4 total 2 per table)- **Masters Gallery A & B**

How to Sign-Up for Classes

1. Go to <https://schedulesplus.com/gic>
2. Under Attend click **Register**
3. Enter your phone number without area code
4. Click **Search**
5. Click on your first name and last initial
6. Click on the Class/Time you are registering for
7. Click on the blue **Add To Cart** button for what days you will be attending
 - * *The class will show in “My Cart”*
8. Click on the yellow **Check-Out** button
 - * *You will be directed to your “Order Summary”*
9. Click on **SAVE and PROCEED TO FINAL REVIEW**
 - * *You will be directed to “CheckOut”*
10. Click on **COMPLETE MY ORDER**
You will be directed to your “Order Summary”
Click on SAVE and PROCEED TO FINAL REVIEW
You will be directed to “CheckOut”
Click on COMPLETE MY ORDER