

## Phase 2 Class Schedule (Revised Effective November 16)

### **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 – 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 – 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 (1<sup>st</sup> & 3<sup>rd</sup> 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 Virtual Classes**

### **Logging in to the Virtual Center for Live Streaming of Classes**

<https://schedulesplus.com/gic/kiosk/>

Click the **Log In** button

Enter in your phone number without area code hit enter.

Your first name and last initial will appear. Click on your name.

Underneath the **ATTEND** header click on **Virtual Center**.

You will see the classes for the current day on your screen. You can select **Month View** to view the entire month of classes OR click the **brown arrow** with the next date to scroll through the classes by day.

Select the classes you wish to attend and click on the **SIGN UP** button.

You will receive a window that asks you to confirm that you want to sign up. Click on the green **Yes Sign me up** button.

You will now see that the class you selected has changed from a **SIGN UP** button to a **JOIN** button with the date and time. You have successfully registered for a live streaming class!

### **To Join the Class**

Make certain the sound is not muted on your computer and that your volume is at a good level. Lower righthand corner of your computer displays an icon like a megaphone with sound waves coming from it. Right click that to make certain sound is enabled.

<https://schedulesplus.com/gic/kiosk/>

Click the **Log In** button

Enter in your phone number without area code hit enter.

Your first name and last initial will appear. Click on your name.

Find the class you wish to join and click on the **JOIN** button.

**You will be connected automatically but not until 15 minutes before the class begins.**

If you encounter any issues, please do not hesitate to contact the office at 920.892.4858 and we will do our best to assist you.