New Class beings this week, Meditation with TJ!

**Wednesday**

**12:00PM:** Meditation with TJ  
Teleconferencing #: 929-205-6099  
Meeting ID: 878 9738 2626  
https://us02web.zoom.us/j/87897382626

Qi Gong returns this week!

### PSCSA remote class schedule this week

Classes on Zoom (Video or Phone)

**Monday**

**12:30PM:** Yoga with TJ  
Teleconferencing #: 929-205-6099  
Meeting ID: 837 714 088  
https://zoom.us/j/837714088

**2:00PM:** Discussion Group with Andy  
Teleconferencing #: 929-205-6099  
Meeting ID: 972 670 301  
https://zoom.us/j/972670301

**Tuesday**

**11:00AM Bodies in Motion with Quinn (password required)**  
Meeting ID: 718 813 0636  
Password: 835384  
https://zoom.us/j/7188130636

**2:00PM:** Storytelling with Lily  
Teleconferencing #: 301-715-8592  
Meeting ID: 450 717 4121  
https://zoom.us/j/450717412

**Wednesday**

**12:00PM:** Meditation with TJ  
Teleconferencing #: 929-205-6099  
Meeting ID: 878 9738 2626  
https://us02web.zoom.us/j/87897382626

**2:00PM:** Qi Gong with Ann  
Teleconferencing #: 929-205-6099  
Meeting ID: 735 930 111  
https://zoom.us/j/735930111

**Thursday**

**2:00PM:** Tai Chi with Tzyann
Friday

11:00AM Center updates and discussion with Matt (Matt out this week, Juliemarie will host)
Direct link: https://us02web.zoom.us/j/890354421
Teleconferencing #: 929-205-6099
Meeting ID: 890 354 421

1:00PM: Latin Rhythms with Walter
Teleconferencing #: 929-205-6099
Meeting ID: 859 3983 5726
https://us02web.zoom.us/j/85939835726

Instructions to join a class via zoom:

By Telephone
1. On your phone, dial the teleconferencing number
2. Enter the meeting ID when prompted using your dial-pad followed by #. (Each class has a different meeting ID)
3. When prompted to enter participant ID, just press # again.

By Computer
1. Open zoom.us/join
2. Enter the meeting ID and click “Join”
3. When Pop-Up box appears, select “Open Zoom”
4. Select if you would like to connect audio and/or video and click Join.