



Wellness and Pool Schedule

October 26-30 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Strength and Cardio Room Open for Appointments	Strength and Cardio Room Open for Appointments STAFF MEETING 9:00-10:00AM	Strength and Cardio Room Open for Appointments	Strength and Cardio Room Open for Appointments	Strength and Cardio Room Open for Appointments Memory Care Exercise 9:15-9:45am 2nd Floor (North) Lori
Group Exercise Class 10:10-10:45am GYM Lori	Group Exercise Class 10:10-10:45am GYM Lori	Group Exercise Class 10:10-10:45am GYM Lori	Group Exercise Class 10:10-10:45am GYM Lori	Group Exercise Class 10:10-10:45am GYM Lori
STAFF LUNCH 12 - 12:30PM	STAFF LUNCH 12 - 12:30PM	STAFF LUNCH 12 - 12:30PM	STAFF LUNCH 12 - 12:30PM	STAFF LUNCH 12 - 12:30PM
Strength and Cardio Room Open for Appointments	Strength and Cardio Room Open for Appointments	Memory Care Exercise 12:45-1:15pm Mem. Care Lori Strength and Cardio Room Open for Appointments	Strength and Cardio Room Open for Appointments	Strength and Cardio Room Open for Appointments
STAFF CLEAN & SANITIZE	STAFF CLEAN & SANITIZE	STAFF CLEAN & SANITIZE	STAFF CLEAN & SANITIZE	STAFF CLEAN & SANITIZE

Special Information

Group Exercises Classes are limited to 9 participants. To reserve a spot ahead of time, please call 763-635-5463 or stop in to see Lori in the Wellness Center. Only the first 9 participants will be allowed to participate in the class.

The Strength and Cardio room is limited to 2 participants each hour. To reserve a spot ahead of time, please call 763-635-5463 or stop in to see Lori in the Wellness Center. Please keep at least 6 feet or one empty machine between you when utilizing the equipment. Sanitize all equipment after use.

A face covering for nose and mouth is required in Club GA - Otsego.

Club G.A. Hours

8:00 AM - 3:00 PM
Monday - Friday
By Appointment

guardianangelsmn.org

Contact: Lori Resendiz

Wellness Coordinator

Phone: 763-635-5464

Email: LResendiz@ga-er.org