



Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ONLY NON-MARKING SHOES PLEASE!					
Open Gym 8:00-10:15am	Walking Club 8:30-9:00am DVD	Open Gym 8:00-10:15am	Walking Club 8:30-9:00am <i>*in case of poor weather</i>	Open Gym 8:00-10:15am	Open Gym 8am-11:45am
SilverSneakers® Classic 10:30-11:15am Lori		Joyful Beats 10:30-11:00am Lori		Gentle Yoga 10:30-11:15am Lori	
	Beginner Tai Chi 11:00-11:45am Kayla				
Open Gym 11:30-3:15pm	Open Gym 12:00-5:45pm	Open Gym 11:15-3:15pm	Open Gym 9:15-5:45pm	Open Gym 11:30-4:15pm	CLOSED
Open Pickleball 3:30-5:30pm		Open Pickleball 3:30-5:30pm	SilverSneakers® Classic 4:30-5:15pm Holly	CLOSED	
Contact Info: Wellness Center Member Services 763-635-5463 or LResendiz@ga-er.org					
Wellness Center Hours: 8:00am-6:00pm Monday - Thursday, 8:00am-4:30pm Friday, and 8:00am-12pm Saturday					