

May Wellness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Supervised Pool 9:00-10:00am Pool Lori	Walking Club 8:30 - 9:00am Gym DVD	Supervised Pool 9:00-10:00am Pool Lori	Walking Club 8:30 - 9:00am Outside Lori		Supervised Pool 9:00-10:00am Pool Holly
SilverSneakers® Classic 10:30-11:15am Gym Lori	Beginners Tai Chi 11:00-11:45am Gym Kayla	Joyful Beats 10:30-11:00am Gym Lori	Aquafit 11:00-11:45am Pool Lori	Gentle Yoga 10:30-11:15am Gym Lori	
Open Pickleball 3:30-5:30pm Gym	Supervised Pool 3:00-4:00pm Pool Holly	Open Pickleball 3:30-5:30pm Gym		Supervised Pool 3:00-4:00pm Pool Lori	
	Aquafit 4:30-5:00pm Pool NEW! Holly		SilverSneakers® Classic 4:30-5:15pm Gym NEW! Holly		

CLASS DESCRIPTIONS

Aquafit: This low-impact, shallow water class promotes stability, joint flexibility, and range of motion while building cardiovascular endurance and muscular strength.

Beginners Tai Chi: This class is 45-minute in length and teaches the basics of Tai Chi by following an easy-to-learn teaching system. Learn 8 single Tai Chi forms while improving your balance and core strength. Includes seated and standing movements and exercises.

Gentle Yoga: Improve joint range of movement, strength and balance- and relax! Learn safe moves and breathing exercises to reduce stress and improve mental clarity.*All exercises and stretches are done seated or standing. All fitness levels welcome.

Open Pickleball: Whether you've never played Pickleball before, or you're a pro, this time is designated for you! Learn pickleball rules, terminology, primary skills, and more. These open sessions help develop technique and strategy for social play. Plus, we provide paddles and balls - so come learn and get to know other new players at our new facility!

Joyful Beats - Seated: Groove your way to wellness in this rhythmic seated drumming class as you move to the music and have fun doing it! It is a unique sensory/motor program that is designed to give the mind and body instant feedback. This aerobic exercise can also increase the neurological connection between the two brain hemispheres. It is a workout for the mind, body, and spirit and can be modified for any fitness level.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Supervised Pool: Designated time for individuals to use the pool without a buddy. Do your own thing, walk, float, sit or swim! We do not have a lifeguard on duty, but will make sure the pool is supervised at this designated time.

Walking Club: Let's get together for a group walk! Walk at your own pace in a group walking class on Tuesdays, or stroll the trails with a group on Thursdays - Meet at Club GA. When the weather is not nice, we'll walk in the gym*.

Club G.A. Hours

Monday - Thursday: 8:00am - 6:00pm

Friday: 8:00am - 4:30pm

Saturday: 8:00am - 12:00pm

Contact: Lori Resendiz

Wellness Coordinator

Phone: 763-635-5463

Email: LResendiz@ga-er.org