



# Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ONLY NON-MARKING SHOES PLEASE!</b>					
Open Gym		Open Gym		Open Gym	Open Gym
	<b>Low-Impact Cardio</b> 8:30-9:00am		<b>Low-Impact Cardio</b> 8:30-9:00am		
	Open Pickleball 9:00-10:30am		Open Pickleball 9:00-10:30am		Open Pickleball 9:00-11:30am
SilverSneakers® Classic 10:30-11:15am		Joyful Beats 10:30-11:00am		SilverSneakers® Classic 10:30-11:15am	Open Gym
	Beginner Tai Chi 11:00-11:45am		Beginner Tai Chi 11:00-11:45am		CLOSED
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
		Line Dancing 1:15-2:00pm		Balance Together 1:15-2:00pm	
	SilverSneakers® Classic 3:45-4:30pm	Open Gym	SilverSneakers® Classic 3:45-4:30pm		
Open Pickleball 4:30-6:00pm	Open Gym	Open Pickleball 4:30-6:00pm	Open Gym	CLOSED	
<b>Contact Info: Wellness Center Member Services 763-635-5463 or LResendiz@ga-er.org</b>					
<b>Wellness Center Hours: 8:00am-6:00pm Monday - Thursday, 8:00am-4:30pm Friday, and 8:00am-12pm Saturday</b>					