



# Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ONLY NON-MARKING SHOES PLEASE!						
Open Gym 8:00-10:15am	<b>Walking Club</b> 8:30-9:00am *DVD or Instructor	Open Gym 8:00-10:15am	Open Gym 8:00-5:45pm	Open Gym 8:00-10:15am	Open Gym 8am-12pm	CLOSED
<b>SilverSneakers® Classic</b> 10:30-11:15am Lori		<b>Joyful Beats</b> 10:30-11:00am Lori		<b>Gentle Yoga</b> 10:30-11:15am Lori	SilverSneakers® 10:30-11:15am Holly (starts 3/23)*	
Open Gym 11:30-3:00pm	<b>Beginner Tai Chi</b> 11:00-11:45am Kayla	Open Gym 11:15-3:00pm		Open Gym 11:30-1:15pm		
	Open Gym 12:00-4:15pm				<b>SilverSneakers® Classic</b> 2:15-3:00pm Lori	
<b>Intro to Pickleball</b> 3:30-4:00pm Lori		<b>Intro to Pickleball</b> 3:30-4:00pm Lori		Open Gym 3:15-4:15pm		
Open Gym 4:00pm-5:45pm		<b>Gentle Yoga</b> 4:30-5:30pm Rita (3/12 - 4/9)**		Open Gym 4:00pm-5:45pm		
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						