



Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
ONLY CLEAN NON-MARKING SHOES PLEASE!							
Open Gym		Open Gym		Open Gym	Open Gym		
	Low-Impact Cardio 8:30-9:00am		Low-Impact Cardio 8:30-9:00am				
	Open Pickleball 9:00-9:45am		Open Pickleball 9:00-9:45am				
	Tai Ji Quan MBB 10:00-11:00am		Tai Ji Quan MBB 10:00-11:00am				
SilverSneakers® Classic 10:30-11:15am				SilverSneakers® Classic 10:30-11:15am			
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED		
						Joyful Beats 1:15-2:00pm 2/4 only	Line Dancing 1:15-2:00pm
	Open Gym						CLOSED
		SilverSneakers® Classic 3:45-4:30pm	Staff Volleyball 2:30-5:30pm				
Open Pickleball 4:30-6:00pm		Open Pickleball 4:30-6:00pm					
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							