

# August 2021 Wellness Schedule - Elk River

Regular Hours: M-F, 7am - 4:30 pm | Extended Hours: 7 days/week, 6am - 8pm

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Walking Club</b> 8:15 - 8:45am Gym	<b>Walking Club</b> 8:15 - 8:45am Gym			<b>Walking Club</b> 8:15 - 8:45am Gym
<b>Tai Chi</b> 10:30-11:00am Kayla	<b>Stability - Balance Class</b> 10:30-11:00am Pat   Kayla	<b>Tai Chi</b> 10:30-11:00am Kayla	<b>Stability- Balance Class</b> 10:30-11:00am Kayla	
<b>Total Body Circuit</b> 11:30-12:00pm Kayla	<b>SilverSneakers® Classic</b> 2:00-2:45pm Kayla   Pat	<b>Gentle Yoga</b> 2:00-2:45pm Kayla <b>Gym</b>	<b>SilverSneakers® Classic</b> 2:00-2:45pm Kayla	
			<b>Total Body Circuit</b> 3:45-4:15pm Kayla	

## SPECIAL INFORMATION

A face covering is required in Club GA-Elk River. Please complete COVID-Symptom Self Assessment and Temperature Check prior to entering the Wellness Center. Thank you for your cooperation!

## CLASS DESCRIPTIONS

**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.

**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.

**Stability-Balance Class:** This is a 30-minute, low-impact exercise class focusing on balance exercises, core strength and falls prevention. Includes seated and standing exercises using resistance bands and small fitness balls. Great for anyone looking to improve their balance!

**Tai Chi:** Follow the instructor through a series of gentle physical exercises and stretches. Each Tai Chi posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body. This 30-45 minutes Tai Chi class introduces and practices Tai Chi forms in a variety of sequences and focuses on improving strength, balance and connecting the mind to the body. All fitness levels welcome.

**Total Body Circuit:** High intensity intervals focusing on total body fitness. If you're looking to switch up your usual exercise routine for a fat burning session, then this class is for you!

**Walking Club:** Let's gather for a group walk! Follow Leslie Sansone in a 20-30 minute video program that incorporates upper-body

Club GA-Elk River HOURS:

Monday - Friday

7:00am - 4:30pm

guardianangelsmn.org

Contact: Kayla Miller

Director of Wellness

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Extended Hours:

7 Days/Week

6:00am - 8:00pm