GAWellness HEALTH CLUB

Class Schedule - Elk River
November 2026

Regular Hours: **Mon. - Fri. 7am-4pm** | Extended Hours (fee applies): 7 days/week 6am - 10pm

Read schedule vertically by day. Bold font indicates a schedule change.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30am Walking Club Gym, Active	9:00 - 9:30am Walking Club Gym, Active	9:00 - 9:30am Walking Club Gym, Active	9:00 - 9:30am Walking Club Gym, Active	9:00 - 9:30am Walking Club Gym, Active
	9:45 - 10:15am Nordic Walking Gym, All Levels		9:45 - 10:15am Nordic Walking Gym, All Levels	
10:30 - 11:15am SilverSneakers® Classic Gym, All Levels	10:30 - 11:05am Stability for Balance Gym, All Levels	10:30 - 11:15am Tai Chi Gym, All Levels	10:30 - 11:05am Stability for Balance Gym, All Levels	10:30 - 11:15am Tai Chi Gym, All Levels
1:45 - 2:30pm Gentle Chair Yoga LEC, All Levels	1:45 - 2:30pm SilverSneakers® Classic Gym, All Levels	1:15 - 1:40pm Seated Stretch LEC, All Levels	1:45 - 2:30pm SilverSneakers® Classic Gym, All Levels	1:30 - 2:00pm Cardio Drumming Gym, All Levels
		1:45 - 2:30pm Gentle Chair Yoga LEC, All Levels	**Happy Thanksgiving! We will be closed on 11/26 and 27.**	

Club GA - Elk River Phone: 763-241-4434 ~ guardianangelsmn.org

CLASS DESCRIPTIONS

Cardio Drumming: A fun, rythmic seated drumming class using stability balls as drums. A unique sensory/motor program designed to give the mind and body instant feedback. Open to all fitness levels.

Gentle Chair Yoga: Improve joint range of movement, strength and balance, and relax! Flow through gentle stretches, yoga postures and breathing exercises to reduce stress and improve mental clarity. All exercises and stretches are done seated or standing behind a chair. All fitness levels welcome.

Nordic Walking: Low-impact exercise that combines cardiovascular work with strength training and can be done on many types of terrain. Class may include balance, strengthening, and gait exercises, and agility. Participants will use Nordic poles, designed to help propel the body forward and engage the upper body.

Seated Stretch: Flow through gentle stretches, yoga postures and breathing exercises to reduce stress and improve flexibility. All exercises and stretches are done seated. All fitness levels welcome.

SilverSneakers® Classic: 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, and a ball will be provided for resistance; chair is used for seated and/or standing support.

Stability for Balance: This is a 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: Learn and move through the gentle movements and forms of traditional Tai Chi while incorporating a focus on stability, balance and relaxation. Each Tai Chi form flows into the next without pause, ensuring that your body is in constant motion. Participants can sit or stand. All fitness levels welcome.

Walking Club: Walk your own pace with friends! This class follows Leslie Sansone in a 20-30 minute video program that incorporates upper-body movements to increase calorie burn and walk your way fit!