


Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
2	3 6am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Kettlebell Class-20 min 4:30pm-Class Choice	4	5 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	6 *NO MORNING CLASS* Walking track closed 7am-3pm 4:15pm-Class Choice 5:15pm-Kickboxing Class-20 min 5:45pm-Spin Class-35 min	7	8
9	10 6am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Kettlebell Class-20 min 4:30pm-Class Choice	11	12 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	13 *NO CLASS* Walking track closed 7:45am-6:15pm	14	15
16	17 6am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Kettlebell Class-20 min 4:30pm-Class Choice	18	19 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	20 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 4:15pm-Class Choice 5:15pm-Kickboxing Class-20 min 5:45pm-Spin Class-35 min	21	22
23	24 6am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Kettlebell Class-20 min 4:30pm-Class Choice	25	26 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	27 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 4:15pm-Class Choice 5:15pm-Kickboxing Class-20 min 5:45pm-Spin Class-35 min	28	29
30	31 					

Per Minnesota's Stay Safe Guidelines:

- Participants must sign in prior to the class start time
- Face coverings must be worn
- Classes not to exceed 10 participants
- Must maintain 6 feet of social distancing between members/equipment

*Classes are subject to change due to vaccine clinics. Find us on Facebook for updates – @WeliaCenter