



The science of feeling better

The Galter LifeCenter member parking lot has 88 spots that turn over every 1-2 minutes. The parking lot is more crowded Monday through Thursday from 8:30-10 a.m. and 5-6:30 p.m. In order to alleviate some of the congestion we suggest preparing to arrive a little earlier if you are headed to a class during this time, avoid these peak times if possible, carpool with a workout buddy or take public transportation or ride a bike. Also keep in mind that the Physical Therapy and patient spots are available in the evenings as another option as posted on the signage (usually after 5 or 7 p.m.).

We also would like to remind you that there is free parking available in the immediate vicinity of Galter LifeCenter on Foster Avenue, Francisco Avenue and Ainslie Avenue.

If you park in the Swedish Covenant Hospital parking garage please get a validated ticket at the Courtesy Desk for free parking for members and \$2 for nonmembers.

Thank you for your flexibility and understanding of the parking options and in anticipating the peak class and programming times.

