

Community Center Activities

Aerobics



20/20/20

Mon 7pm @ Meridian

\$3 members/\$5 non-members

Resistance Training

Mon. & Wed. 9:00am @ Felker

\$4 members/\$5 non-members

Zumba Gold

Mon. & Thurs. 9a @ Meridian

Tues. & Fri. 9a @ Felker

\$3 members/\$5 non-members

Line Dancing

Fri. 9:30am @ Meridian

Personal Training

Mon-Sat @ Meridian and Felker

Price Varies w/instructor

Contact trainers to set up apt.

Cardio Pump

Mon, Thurs 5:45pm @ Felker

\$4 members/\$5 non-members

Cardio Kickboxing

Tues. 6pm @ Felker

\$3 members/\$5 non-members

Yoga

Tues., Thurs. 8:45am @ Meridian

Sat. 8a @ Meridian

www.themobiyogi.com

Meagan - (404) 312-4644

Heather Owens-heatherlynnowens@yahoo.com or (770) 540-4680

Cynthia Beckstead- cbek10@comcast.net or 678-227-0927

Nichole Hanson Nunnally- nichanson@windstream.net or (770) 601-0102

Emily Diaz-www.getscuffedup.com or (225) 329-5547

Leslie K. Sweatman - lsweatman@comcast.net or (404) 558-8522

John Harlan - i.am.mopert@icloud.com or (404) 644-8523

Hip Hop Fitness

Tues. & Thurs. 6pm @ Meridian

Sat. 10am @ Meridian

\$3 members/\$5 non-members

***Must RSVP to**

heatherlynnowens@yahoo.com*

Body Fit

Tues. & Thurs. 5:30pm

Sat. 9:30am

\$2 @ Meridian

Martial Arts

Tues. & Thurs.

6:30-8:00 @ Felker

\$65 members/ \$75 non-members

Senior Fitness- FREE

Mon., Thurs. 10:30am @ Meridian

Tues, Fri 10:30am @ Felker

Cardio Crunch

Tues., & Thurs. 9am @ Meridian

\$3 members/\$5 non-members

Homeschool PE

Thurs. 1:00-2:00pm @ Felker

Fri., 1:00-3:00pm @ Meridian

Zumba

Mon, Thurs. 6pm @ Meridian

Tues. & Wed. 9:00am @ Meridian

Sat. 8am @ Meridian

Mon. 7pm @ Felker

\$3 members/\$5 non-members

Programs

Adult Art- \$15 members/\$20 non

Thurs. 10am @ Felker

ADULT ART-Must contact before coming to class

Email her at ttaleonard@bellsouth.net or call 678-995-1091

Art- Young Artist \$12 members/\$15 non

Tues (5-9yrs) 3:30pm @ Meridian

Tues (10-up) 5:15pm @ Meridian

Fishing- Free @ Meridian

3rd Sat- Kids Fishing, Wed.- Fly Fishing

Tues. Senior Fishing.



For more details or instructors contact, etc. please check out our website at

<http://www.waltoncountygga.gov/Parks/CommunityCenters.htm> or check with our front desk attendant