

Programs

AUGUST - NOVEMBER 2010



Act Fit

This is a low impact fitness program designed for those who are beginners or who like a little lower style of fitness. Act Fit utilizes cardiovascular, resistance training, flexibility and balance exercises to cover all the components of fitness. Act fit promotes health and wellness for all individuals

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Thurs	7pm-8pm	Meridian	H. Owens	heatherlynnowens@yahoo.com	\$3 members \$5 non-members

Art- Adult

Those who want to receive a deeper understanding of art including drawing with mediums of pencil, pastels, charcoals, etc. Come discover/improve your artistic ability

Ages	Days	Time	Location	Instructor	Contact	Fee
Adults	Thur	10-2pm	Felker	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$15 members \$20 non-members
Adults	Tues	2-3:30pm	Meridian	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$15 members \$20 non-members

Art- Young Artist

For children who want to receive a deeper understanding of art including drawing with mediums of pencil, pastels, charcoals, etc. Come discover your artistic abilities.

Ages	Days	Time	Location	Instructor	Contact	Fee
5-9 yrs	Tues	3:30-5pm	Meridian	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$12 members \$15 non-members
10 & up	Tues	5:15-6:45pm	Meridian	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$12 members \$15 non-members
5-9 yrs	Thur	3:30-5pm	Felker	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$12 members \$15 non-members
10 & up	Thur	5:15-6:45pm	Felker	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$12 members \$15 non-members

Ballroom Dancing

Ages	Days	Time	Location	Instructor	Contact	Fee
Adults	3rd Sat.	7:30-10pm	Felker	D Newman	770-616-8732	\$10 p/person

Boot Camp

Ultimate Boot Camp is a total body workout designed to help you lose weight and tone muscle. Each session includes a warm up, cardio training, strength & resistance training, core and balance exercises. Get a free meal plan with your first month's sign up!

Ages	Days	Time	Location	Instructor	Contact	Fee
16+	Tues	5:30-6:30pm	Felker	N.Duncan	nicole@fitnicole.com	Varies (\$129-169 monthly)
16+	Mon	6:30-7:30pm	Meridian	N.Duncan	nicole@fitnicole.com	Varies (\$129-169 monthly)
16+	Thurs.	5:30-6:30pm	Felker	N. Duncan	nicole@fitnicole.com	Varies (\$129-169 monthly)
16+	Wed.	6:30-7:30pm	Meridian	N.Duncan	nicole@fitnicole.com	Varies (\$129-169 monthly)

Cake Decorating

Come join our beginner cake decorating class and learn the basics like icing techniques,, writing, flowers, etc. Whether a new hobby or a potential career, Jean can get you moving in the right direction. Be sure to pre-register with the front desk attendant or with jean.

Days	Time	Location	Instructor	Contact	Fee
Sept. 13th, 20th, 27th & Oct. 4rd	5:30-7pm	@ Meridian	J Pusen	holysynoil@comcast.net	\$44(kids)/\$60 Members \$52/\$64 non members

Cardio Kickboxing

This is a medium to high intensity aerobics class that incorporates various kickboxing moves. Get ready to punch and kick your way to a better you!

Ages	Days	Time	Location	Instructor	Contact	Fee
12+	Tues	6:30-7:30pm	Meridian	J. Tallant	timcaleb@windstream.net or (404) 274-5895	\$3 members \$5 non-members

Cardio/Sculpt

This is an energetic workout to tone the body and burn calories that specifically targets your arms, legs and abs!

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Wed	5:30-6:30pm	Meridian	J. Tallant	timcaleb@windstream.net or (404) 274-5895	\$3 members \$5 non-members

Fishing

Come and enjoy fishing at our fully stocked Meridian Lake (specific days/specific ages). The lake is stocked with catfish.

Ages	Days	Time	Location	Instructor	Contact	Fee
18 & under	3rd Sat.	All Day	Meridian	None	lindsey.katzman@co.walton.ga.us	None
55+	Tues.	All Day	Meridian	None	lindsey.katzman@co.walton.ga.us	None
Fly Fish	Wed	All Day	Meridian	None	lindsey.katzman@co.walton.ga.us	None

Full Court Open Play Adult Basketball

Open to adults to come and play a game pick up basketball. Participants must adhere to ALL gym rules and dress code.

16+	Mon, Wed	12-3:00pm	Felker	None	felkercommunitycenter@co.walton.ga.us	\$2 for in county \$4 for out of county
16+	Thurs	12-3:00pm	Felker	None	felkercommunitycenter@co.walton.ga.us	\$2 for in county \$4 for out of county
16+	Fri	12-3:00pm	Felker	None	felkercommunitycenter@co.walton.ga.us	\$2 for in county \$4 for out of county

Homeschool P.E. & Team Building

This is a physical education class for homeschool students. Classes start on September 14th at Legion Field on Blaine St & Hammond Drive.

Class Dates: Sept 14,21,28 at Legion Field; Oct 5, 12, 19 at Felker Park; Nov 2,9,16 Felker Gym

Ages	Days	Time	Location	Instructor	Contact	Fee
5-10	Tues.	2:00 - 3:00pm	LegionField(Sep)	M. Locklin	(770)266-0912 or mihighercalling@yahoo.com	\$5/class or \$18/month
			Felker (Oct-Nov)	C. Ashe	(770)821-8148 or capriceashe@yahoo.com	

Hoops for Fun

Organized 5 on 5 or 3 on 3 competitive play basketball

Ages	Days	Time	Location	Instructor	Contact	Fee
16+	Mon	5:30-8pm	Meridian	K. Chambers	kjsdad99@yahoo.com	\$2 for in county \$4 for out of county
16+	Tues	5:30-8pm	Nowell	K. Chambers	kjsdad99@yahoo.com	\$2 for in county \$4 for out of county
16+	Thurs	5:30-8pm	Nowell	K. Chambers	kjsdad99@yahoo.com	\$2 for in county \$4 for out of county

Personal Training

Provides a one on one workout tailored to your specific needs, whether your needing to know where to begin or need someone to help push you to that next level.

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Mon.	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Tues	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Wed	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Thurs	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Fri	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Sat.	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr

Senior Fitness

A FREE class for seniors 50+ that encourages general movement, stretching, and very light strengthening exercises. Groove to your favorite tunes throughout the workout. You make it as easy or as challenging as you like. Ask the front desk attendant for more info.

Ages	Days	Time	Location	Instructor	Contact	Fee
50+	Mon	10:30-11:30am	Meridian	V. Urmetz	vurmetz@co.walton.ga.us or 770-266-1602	Free
50+	Tues	10:30-11:30am	Felker	V. Urmetz	vurmetz@co.walton.ga.us or 770-266-1602	Free
50+	Thurs	10:30-11:30am	Meridian	V. Urmetz	vurmetz@co.walton.ga.us or 770-266-1602	Free
50+	Fri	10:30-11:30am	Felker	V. Urmetz	vurmetz@co.walton.ga.us or 770-266-1602	Free

Step

Take a rectangle shaped platform, stack it atop one or more sets of risers, add some spicy music, an enthusiastic instructor, a group of ready participants and voila- you've got yourself a step class! Come take your cardio workout to a new level! You must contact the instructor in advance to secure a step

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Thurs.	5:45pm-6:45pm	Meridian	J. Tallant	timcaleb@windstream.net or (404) 274-5895	\$3 members \$5 non-members
Any	Thurs.	6:30pm-7:30pm	Meridian	J. Tallant	timcaleb@windstream.net or (404) 274-5895	\$3 members \$5 non-members

Tumbling

Rockdale Gymnastics brings it's tumbling and cheerleading classes to Walton County Park and Recreation. They are offering classes for preschool up to high school students. There's a class for all levels. There is a \$25 yearly registration fee. See flyer for more information!

Ages	Days	Time	Location	Instructor	Contact	Fee
Adv/Int	Wed	3:45pm-4:40pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month
Beg/Int	Wed	4:40pm-5:35pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month
Beg/Int	Wed	5:35pm-6:30pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month
Int/Adv	Wed	6:30pm-7:25pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month

Volleyball

Competitive open play volleyball

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Thu	5:30-8:00pm	Meridian	None	meridiancommunitycenter@co.walton.ga.us	Free for members \$2 non-members
Any	Fri	5:30-8:00pm	Meridian	None	meridiancommunitycenter@co.walton.ga.us	Free for members \$2 non-members
Any	Sat.	8:00-4:00pm	Meridian	None	meridiancommunitycenter@co.walton.ga.us	Free for members \$2 non-members

Yoga

Producing balance in your body through flexibility, strengthening, toning, stretching, breathing and relaxing while peacefully connecting your mind and body

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Tues	9:30am-10:45am	Meridian	S. Healy	770-366-6607 or cousinsohealy@bellsouth.net	\$7 p/class
Any	Thurs.	10:30-11:45am	Meridian	S. Healy	770-366-6607 or cousinsohealy@bellsouth.net	\$7 p/class
Any	Sat	8:30am-9:45am	Meridian	S. Healy	770-366-6607 or cousinsohealy@bellsouth.net	\$7 p/class

Yoga-Limitless

Great for seniors and participants with limited mobility. Produces balance in your body through flexibility, strengthening, toning, stretching, breathing and relaxing while peacefully connecting your mind and body (with the use of chairs).

Ages	Days	Time	Location	Instructor	Contact	Fee
50+	Thurs	9:15-10:20am	Meridian	S. Healy	770-366-6607 or cousinsohealy@bellsouth.net	\$5 p/class

Youth Fit

A fitness program designed for girls and boys ages 6-14. Get fit and healthy with this upbeat, fun, encouraging fitness program. Youthfit promotes health and fitness in a positive, uplifting environment

Ages	Days	Time	Location	Instructor	Contact	Fee
6yrs-14yrs	Tues	6pm-7pm	Meridian	H. Owens	heatherlynnowens@yahoo.com	\$3 members \$5 non-members
6yrs-14yrs	Thurs	6pm-7pm	Meridian	H. Owens	heatherlynnowens@yahoo.com	\$3 members \$5 non-members

Zumba

This high-intensity aerobics class fuses Latin-inspired rhythms with easy to follow dance moves. Featuring interval training sessions where rhythms and resistance training are combined to tone/sculpt the body while burning fat. This fun, energetic, and mind-blowing class will surely get individuals crazy about Zumba!

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Mon	6pm-7pm	Meridian	R. O'Neal	ilovemycpa@gmail.com	\$3 members \$5 non-members
Any	Tues	6pm-7pm	Meridian	R. O'Neal	ilovemycpa@gmail.com	\$3 members \$5 non-members
Any	Thurs	6pm-7pm	Meridian	R. O'Neal	ilovemycpa@gmail.com	\$3 members \$5 non-members
Any	Mon	7pm-7:50pm	Felker	L. Brockmann	laura.brockmann@yahoo.com	\$3 members \$5 non-members
Any	Tues	7pm-7:50pm	Felker	M. Koblick	laura.brockmann@yahoo.com	\$3 members \$5 non-members
Any	Thurs	7pm-7:50pm	Felker	L. Brockmann	laura.brockmann@yahoo.com	\$3 members \$5 non-members

****Volleyball and Hoops for fun will end in November and will resume in March****