

Community Center Activities

Aerobics



20/20/20
Mon 6pm @ 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. Beginners -9:30am @ Meridian
Fri. High Beg. -11:00am @ Meridian
Contact Anitia Owens for next session (770) 846-4454

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

Yoga
Tues., Thurs. 8:45am @ Meridian
www.themobyogi.com
Meagan - (404) 312-4644

Body Fit
Tues. & Thurs. 5:30pm @ Meridian
Sat. 9:30am @ Meridian
\$3 members/\$5 non-members

Step/Sculpt + Abs
Mon. 9am @Meridian

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 & 7pm @ Meridian
Sat. 10am @ Meridian
\$3 members/\$5 non-members
Must rsvp to heatherlynnowens@yahoo.com

Cardio Kickboxing
Tues. 6pm @ Felker
\$3 members/\$5 non-members

Homeschool PE
Thurs. 1:00-2:00pm @ Felker
Fri., 2:00-3:00pm @ Meridian

Senior Fitness- FREE
Mon., Thurs. 10:30am @ Meridian
Tues., Fri. 10:30am @ Felker

Zumba
Mon, Thurs. 6pm @ Meridian
Tues. & Wed. 9:00am @ Meridian
Sat. 8am @ Meridian
Mon & Thurs. 5:30p & 6:30p @Felker
Fri., 9:30am @ Meridian
\$3 members/\$5 non-members

Step Aerobics
Mon. 7pm @Meridian
\$3 members/\$5 non-members
***Must rsvp to timcaleb@windstream.net**



Programs

Adult Art- \$15 members/\$20 non
Thurs. 10am @ Felker

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

ADULT ART-Must contact before coming to class
Email her at ttaleonard@bellsouth.net or call 678-995-1091
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

