



Winter Fitness Family Programs

Union County Recreation Department/Winter 2019-20 Session

Ages: 50 and over

Winter is quickly approaching! Union County Recreation Department will be offering many awesome fitness class options for the winter session. Here is a list of the following fitness classes we will offer:

Regular Aerobics (T/Th) @ 8:30-9:30 AM

Advanced Strength-Core class (M/W/F) @ 9:45-10:30 AM

Indoor Walking (M/W/F) @ 9:00-9:45 AM

AM Beginner Strength and Core class (T/Th) @ 10:45-11:30 AM

AM Step-Aerobics class (M/W/F) @ 10:45-11:30 AM

PM Beginner Strength-Core class (T/Th) @ 5:30-6:30 PM

Chair Fitness-Aerobics class (T/Th) @ 1:15-2:00 PM

****New Power Hooping class (T/Th) @ 9:45-10:30 AM**

Beginner Yoga (M/W/F) @ 11:45 AM-12:45 PM

Zumba-Latin Combo Class (M/F) @ 7:50-8:50 AM (Age 18 and over)

PM Dance Jams class (M/W) @ 6:30-7:30 PM (Age 18 and over)

***Winter Session 2019-20 Registration begins on November 4, 2019 and ends November 25, 2019 (or until classes fill to capacity) at the Recreation Office (310 Wellborn St.) Registration and class payments must be done in person. If you have any questions, you can call (706) 439-6074 and ask for Jennifer.**