



WC PARK & REC ADULT GROUP FITNESS

SCHEDULE- JANUARY 2019

Facility will be closed on Tuesday; January 1st for New Year's Day & January 21st for MLK Holiday

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
7:00 -10:00 a.m. Pickleball	7:00-9:00 PB- Beginner's Clinic & Novice Players only	Building Maintenance	7:00-9:00 a.m. Pickleball	7:00- 8:00 a.m. Pickleball	
	9:15-10:15 a.m. Zumba	9:15-10:15 a.m. Tai-Chi	9:15- 10:15 a.m. Zumba	9:15 - 10:15 a.m. Tai-Chi	Basketball
10:30 a.m- 11:30 a.m. SilverSneakers® Classic (S) Body Sculpt (G)			10:30 a.m- 11:30 a.m. YOGA		
12:00-3:00 p.m. Pickleball (G)	10:30-11:30 a.m. Circuit Blast	10:30- 11:30 a.m. Yoga (SNCA)	11:45 a.m.-12:45 p.m. Yin Yoga Light (S)	10:30 a.m- 11:30 a.m. SilverSneakers® Circuit (S)	
3:00 p.m.-5:00pm OPEN GYM	11:45am-1245 p.m. Yoga Light (S)	10:30- 11:30 a.m. SilverSneakers® Classic (S) Body Sculpt (G)	1:00 p.m.-3:00 p.m. Pickleball-(G)	10:30 - 11:30 a.m. Body Sculpt	
5:30 p.m.-6:30 p.m. Yoga (C)	1:00 p.m-3:00p.m Pickleball (G)	12:00-3:00 p.m. Pickleball (G)	OPEN GYM-3-5p.m.	12:00 p.m. -2:00 p.m. Pickleball (G)	
5:45-6:45 Spin	5:30 p.m.-6:30 p.m. Yoga (SNCA)		5:30 p.m.-6:30 p.m. Yoga (SNCA)	2:00 p.m.-4:30 p.m. OPEN GYM	
		5:45 p.m.-8:00pm Pickleball (G)	5:45-6:45 Spin		

(S) = Stage • (G) = Gymnasium • (P) = Pool • (SR) = Spin Room • (C) = Church • (SNCA) = Santee Community Hall

Hours of Operation: Monday-Thursday 7:00am-8:00pm, Friday 7:00am-5:00pm, Saturday 8:30 am-1:00pm

Pickleball website- www.yonahmtnpickleball.club - "Check the "schedule link" for beginners clinics as well as times for Open Play and drills on our 6 outdoor courts at WCP&R".

Church: 1755 Duncan Bridge Rd., Santee, GA 30571

SNCA: 283 GA-255, Santee Nacoochee, GA 30571