



WC PARK & REC ADULT GROUP FITNESS- JULY 2019

No open gym July 16-18 and Pickleball cannot start till 6:30 on Wednesday; July 17th & Thurs. July 18th- Basketball Clinic Facility Closed July 4th

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|---|--|--|---|---|--|
| 7:00 -10:00 a.m. Pickleball | 7:00-9:45 PB- Novice Play 7:45-9:45 Beginner's Clinic | Building Maintenance | 7:00-9:00 a.m. Pickleball | 7:00- 9:00 a.m. Pickleball | |
| | 10:00-11:00 Zumba | 9:30-10:30 Water Aerobics | 9:15-10:15 Zumba | 9:30-10:30 Water Aerobics | Open Gym 8:30-11:30 Pickleball 12:00-3:00 |
| 10:45-11:45 SilverSneakers® Classic (S) 10:45-11:45 Body Sculpt | 11:30 a.m-12:30 p.m. Yoga Light (S) | 10:30- 11:30 a.m. Yoga (SNCA) | 10:30 a.m- 11:30 a.m. YOGA | 10:45-11:45 SilverSneakers® Circuit (S) | |
| 12:00-3:00 p.m. Pickleball (G) | 1:00 p.m-3:00p.m Pickleball (G) | 10:45-11:45 SilverSneakers® Classic (S) Body Sculpt (G) | 11:45 a.m.-12:45 p.m. Yin Yoga Light (S) | 10:45-11:45 Body Sculpt | |
| 3:00 p.m.-5:30pm OPEN GYM | 5:30 p.m.-6:30 p.m. Yoga (SNCA) | 12:00-3:00 p.m. Pickleball (G) | 1:00 p.m.-3:00 p.m. Pickleball-(G) | 12:00 p.m. -3:00 p.m. Pickleball (G) | |
| 5:30 p.m.-6:30 p.m. Yoga (C) | 3:00-7:00 p.m. Open Gym | 3:00-5:00 Open Gym | OPEN GYM-3-6 p.m. | 3:00 p.m.-4:30 p.m. OPEN GYM | |
| 5:45-6:45 Spin | 6:00-7:00 Water Aerobics | 5:30-8:00 Pickleball | 5:30 p.m.-6:30 p.m. Yoga (SNCA) | | |
| 5:45-8:00 Pickleball | | | 5:45-6:45 Spin | | |
| | | | 6:00 -8:00 Pickleball | | |
| | | | 6:00-7:00- Water Aerobics | | |

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

Hours of Operation: Monday-Thursday 7:00am-8:00pm, Friday 7:00am-5:00pm, Saturday 8:30 am-3:00pm

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., Sautee, GA 30571 SNCA: 283 GA-255, Sautee Nacoochee, GA 30571

White County Parks & Recreation • 327 Asbestos Road. • Cleveland, GA 30528 • P 706.865.5275 • F 706-865-5844

www.whitecounty.net