



WC PARK & REC ADULT GROUP FITNESS- OCTOBER 2020

Fitness Equipment being used will be at your own risk
Area & equipment used will be cleaned after each scheduled use
Please exit class to allow time for staff to clean
If you are participating in Yoga classes you *must* bring your own yoga mat.
You must have an appointment to attend class- (706) 865-5275
Closed Monday; October 12th in observance of Columbus Day.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
7:00 a.m. -9:00 a.m. Pickleball	7:00 a.m.- 9:00 a.m. Pickleball	Building Maintenance	7:00 a.m.-9:00 a.m. Pickleball 8:00 a.m.-9:00 a.m. Spin	7:00 a.m.-9:00 a.m. Pickleball- Gym	9:00 a.m.-12:30 p.m. Open Gym 1:00- 3:00 p.m. Pickleball
9:30 a.m. -10:30 a.m. Body Sculpt- Gym	9:30 a.m. -10:30 a.m. Dance Cardio- Gym	9:30 a.m. -10:30 a.m. Body Sculpt- Gym	9:30 a.m.- 10:30 a.m. Dance Cardio- Gym	9:30 a.m.-10:30 a.m. Body Sculpt- Gym	
11:00 a.m.-12:00 pm. SilverSneakers® Classic -	11:00 a.m- 12:00 p.m. Chair Yoga- GYM	11:00 a.m- 12:00 p.m. Silver Sneakers-Gym	11:00 a.m- 12:00 p.m. HATHA YOGA- GYM	11:00 a.m- 12:00 p.m. Silver Sneakers- GYM	
12:30 p.m. -3:00 p.m. Pickleball (G)	12:30 p.m. -3:00 p.m. Pickleball - Gym	12:30 p.m.-3:00 p.m. Pickleball	12:30 p.m.-1:30 p.m. Balance & YIN Yoga - GYM	12:30 p.m.-3:00 p.m. Pickleball (G)	
3:30-7:30 p.m. OPEN GYM	12:30 p.m.- 1:30 p.m. Men's Chair Yoga- Classroom	3:30 p.m.-5:00 p.m. Open Gym	2:00 p.m.-4:00 p.m. Pickleball-(G)	3:30-4:30 p.m. Open Gym	
5:45 p.m.-6:45 p.m. Spin	3:30 p.m.-4:30 p.m. Open Gym	5:00 p.m.-8:00 p.m. Pickleball	4:30-5:30 p.m. Zumba Gold		
	4:45-5:45 p.m. Dance Cardio		6:00-7:00 p.m. Vinyasa/Yin Yoga- Gym		
	6:00-7:00 p.m. Vinyasa/Yin Yoga - GYM				

(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.yonahmntnpickleball.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