



# ADULT GROUP FITNESS SCHEDULE- NOVEMBER

WHITE COUNTY PARKS & RECREATION

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	7:00am-10:00 a.m. Pickleball (G)	8:30 a.m- 9:30 a.m Zumba	7:00am-10:00 Pickleball (G)	8:30 a.m- 9:30 a.m. Zumba	<b>Basketball 8:30-3:00</b>
<b>Closed on 11/11 11/24 &amp; 11/25 for Holidays</b>		9:30 a.m- 10:30 a.m Tai-Chi		9:30 a.m- 10:30 a.m. Tai-Chi (G)	
9:30am-10:30am Sautee Strong (SNCA)	9:30am-10:30am Sautee Strong (SNCA)	10:30am-11:30am Yoga (SNCA)			
10:30 am-11:30am SilverSneakers® Classic (S)  Body Sculpt (G)	10:15am-11:15am 20-20-20 (S)	10:30 a.m-11:30 am SilverSneakers® Classic (S)  Body Sculpt (G)	10:15 a.m.-11:15 a.m 20-20-20 (G)	10:30 am-11:30 am SilverSneakers® Circuit (S)  Body Sculpt (G)	
11:45am-2:45 p.m. Pickleball (G)	11:30am-12:30pm Yoga Light (S)	11:45am-2:45pm Pickleball (G)	11:30am-12:30pm Yoga Light (S)	11:45p.m-1:45pm Pickleball (G)	
3:00 p.m.-5:00pm OPEN GYM	1:00pm-3:00pm Pickleball  3:00-5:00- Open Gym	3:00pm-5:00pm OPEN GYM	12:45-2:45 Pickleball- 1 court beginners  OPEN GYM-3-5	2:00-4:30pm OPEN GYM	
5:30pm-6:30pm Yoga (C)	5:30pm-6:30pm Yoga (SNCA)	5:30pm-6:30pm Yoga (S)	5:30pm-6:30pm Yoga (SNCA)		
6:00 p.m- 7:00 Spin			6:00 p.m- 7:00 p.m.  Spin		
		6:30pm-8:00pm Pickleball (G)			

(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](http://www.yonahmtnpickleball.club)

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

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