

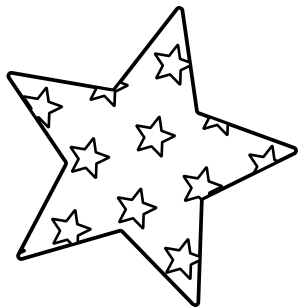
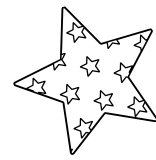


**WHITE COUNTY
PARKS & RECREATION**

JULY 2024

Fitness Equipment being used will be at your own risk.
If you are participating in Yoga classes you must bring your own yoga mat.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00 Pickleball	7:00-9:00 Pickleball 8:00-9:00 Spin Class	7:00-9:00 Pickleball	7:00-9:00 Pickleball 8:00-9:00 Spin Class	7:00-9:00 Pickleball	8:30-12:00 Open Gym
9:30-10:30 Body Sculpt	9:30-10:30 Cardio Funk	9:30-10:30 Body Sculpt	9:30-10:30 Dance Cardio	9:30-10:30 Body Sculpt	12:00-3:00 Pickleball
11:00-12:00 SilverSneakers	11:00-12:00 Chair Yoga	11:00-12:00 SilverSneakers	11:00-12:00 Hatha Yoga	11:00-12:00 SilverSneakers	
12:30-3:00 Pickleball	12:30-1:30 Vinyasa/Yin Yoga	12:30-3:00 Pickleball	12:30-1:30 Balance & YinYoga	12:30-3:00 Pickleball	
3:00-5:00 Open Gym	2:00-5:00 Pickleball	3:00-5:00 Open Gym	2:00-5:00 Pickleball	3:00-5:00 Open Gym	
5:00-8:00 Pickleball	5:00-8:00 Open Gym	NEW 5:00-8:00 DANCE PARTY	5:00-8:00 Open Gym		



Hours : Monday-Thursday 700a-800p. Friday 700a-500p. Saturday 830a-300p

~ 327 Asbestos Road ~ Cleveland, Ga. 30528 ~ 706-865-5275

www.whitecounty.gov/parksrec