

HC COMMUNITY CENTER CLASSES

YOGA

Thursdays @ 6:00pm

Instructor – Denise Burress

Members \$12/class

Non-Members \$15/class

For More Info: mindandbodygrowth@gmail.com

“Not Your Mama’s Water Aerobics!” Aqua Fitness Class

9:00 a.m. - Monday, Tuesday, Thursday

Instructor – Beth Heindel

Members \$6/class

Non-Members \$7.50/class

For More Info: 706-580-1230 or heindelre@aol.com

“Basic Fitness” with Lynn Norris

Tuesday and Thursday @ 10:00am

Instructor – Lynn Norris

Members \$25/month (ages 80+ \$20/month)

Non-Members \$30/month (ages 80+ \$25/month)

For More Info: 706-596-0155 or lynnennorris@mindspring.com

Personal Trainer

Fred Gramling

For More Info: 706-628-4049 or 706-315-9558

Swimming Lessons (Children & Adults)

ONE LESSON CONSISTS OF 6 CLASSES

Level II – Ages 4 & Up

Dates: _____

Times: _____

Instructor – Pam Davis

For More Info: 706-457-1143