



MARCH 2024

**WHITE COUNTY
PARKS & RECREATION**

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 Volleyball
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 Volleyball	5:00-8:00 Volleyball	5:00-8:00 Pickleball	5:00-8:00 Volleyball		

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

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

*Happy
Easter*

www.whitecounty.net/parksrec

