



SEPTEMBER 2022

## Wellness & Enrichment Program Registration

Frank G. Murray Community Center

Effective July 2021

- **Registration opens on the last Monday of each month at 9AM**
- Check desired date(s) and submit form to front desk staff or email completed form to [fgcc@chathamcounty.org](mailto:fgcc@chathamcounty.org). **Forms submitted prior to 9:00AM will not be accepted.**
- Classes will be filled by the order which forms are received, staff will confirm your registration upon receipt, via text, email, phone call or in person.

*Need to cancel your reservation?* A 12 hour cancellation notice is a courtesy that allows other participants on the wait list an opportunity to attend. Call (912) 898-3320 to cancel. *Please note the following No Show Policy: 1<sup>st</sup> No Show: Warning 2<sup>nd</sup> No Show: Unenrollment from the next two weeks of reserved classes.*

*Note: programs listed on the calendar, but not on this form are drop-in classes or have separate registration with outside instructors or organizations. Please ask staff for assistance or if you have questions about programs or rentals at the center.*

Day	Activity	Time	Date	Date	Date	Date	Date
Monday	Bingo	10:00am			<input type="checkbox"/> 9/12	<input type="checkbox"/> 9/19 <input type="checkbox"/> LUNCH <input type="checkbox"/> BUNCH	<input type="checkbox"/> 9/26
Tuesday	G.E.M. Yoga 101	12:30pm 9:30am		<input type="checkbox"/> 9/6 <input type="checkbox"/> 9/6	<input type="checkbox"/> 9/13 <input type="checkbox"/> 9/13	<input type="checkbox"/> 9/20 <input type="checkbox"/> 9/20	<input type="checkbox"/> 9/27
Tuesday	Tight & Tone Zumba	2:00pm 4:45pm		<input type="checkbox"/> 9/6 <input type="checkbox"/> 9/6	<input type="checkbox"/> 9/13 <input type="checkbox"/> 9/13	<input type="checkbox"/> 9/20 <input type="checkbox"/> 9/20	<input type="checkbox"/> 9/27 <input type="checkbox"/> 9/27
Wednesday	SPRY Mat Yoga Zumba Sit & Be Fit Community Art	9:45am 11:00am 12:45pm 1:00pm		<input type="checkbox"/> 9/7 <input type="checkbox"/> 9/7 <input type="checkbox"/> 9/7 <input type="checkbox"/> 9/7	<input type="checkbox"/> 9/14 <input type="checkbox"/> 9/14 <input type="checkbox"/> 9/14	<input type="checkbox"/> 9/21 <input type="checkbox"/> 9/21 <input type="checkbox"/> 9/21 <input type="checkbox"/> 9/21	<input type="checkbox"/> 9/28 <input type="checkbox"/> 9/28 <input type="checkbox"/> 9/28
Thursday	Balanced 4 Life	1:00pm		<input type="checkbox"/> 9/8	<input type="checkbox"/> 9/15	<input type="checkbox"/> 9/22	<input type="checkbox"/> 9/29
Thursday	Pilates Beg Line Dance	9:30am 1:00pm	<input type="checkbox"/> 9/1 <input type="checkbox"/> 9/1	<input type="checkbox"/> 9/8 <input type="checkbox"/> 9/8		<input type="checkbox"/> 9/22 line dance Pop Up	<input type="checkbox"/> 9/29 <input type="checkbox"/> 9/29
Friday	SPRY Chair-Mat	9:45am	<input type="checkbox"/> 9/2		<input type="checkbox"/> 9/16	<input type="checkbox"/> 9/23	<input type="checkbox"/> 9/30
Friday	SPRY Chair Only	11:00am	<input type="checkbox"/> 9/2		<input type="checkbox"/> 9/16	<input type="checkbox"/> 9/23	<input type="checkbox"/> 9/30

**\*Monthly AARP Safe Driver Courses are available continuously for registration-see front desk!**

Name: \_\_\_\_\_

Phone#: \_\_\_\_\_ EMAIL: \_\_\_\_\_

We look forward to serving you at the FGMCC.