

125 WILMINGTON ISL RD

FGM

COMMUNITY CENTER

July
2023

WHAT TO EXPECT

Registration is needed for programs. Registration opens on the 3rd Monday of each month.(excluding holidays) Some classes are drop-in friendly and are not listed on the form. Forms are available in the info box & on Facebook with the Calendar. Return completed form to the front desk or email to: fgcc@chathamcounty.org.

COMMUNITY ENRICHMENT

DROP-IN CLASSES & PROGRAMS

WALKIE TALKIES, QI GONG, BODY GROOVE & HULA HOOPS:
30 MIN INDOOR CLASS W/ VIDEO OR MUSIC GUIDED BY STAFF.

SPECIAL EVENTS:

7/7- ROCK PAINTING FUNSHOP- FREE! DROP IN BETWEEN 10AM-2PM TO PAINT A ROCK OR TWO. HELP GROW THE COMMUNITY ROCK SNAKE ON THE MCCORKLE TRAIL INFRONT OF THE CENTER.

7/10 & 7/24- BOARDGAME SOCIETY- STOP BY FOR GAMES, CARDS, ETC FOR YOU TO PLAY, TEACH OR LEARN WITH OTHERS DURING THIS STAFF GUIDED PROGRAM.

7/27- GLOW IN THE DARK*TEEN CARDIO DANCE CLASS* \$10

CAREGIVER SUPPORT GROUP

7/11 1:00-3:00PM HOSTED BY EDEL CAREGIVER INSTITUTE. COME BY FOR SUPPORT & RESOURCES TO ASSIST YOUR NEEDS AS A CAREGIVER TO A LOVED ONE.

CALL US 912.898.3320

WELLNESS CLASSES

BRING YOUR OWN WATER & MAT TO CLASS- NO FLIP FLOPS OR SLIDES

★ **SPRY CHAIR +MAT & \$DONATION 45MIN**

Start with seated yoga, progressing to standing poses and end on the mat. You only have to get down & up once for this class. Modifications available, great for all levels! SPRY MAT is 55 min*

★ **YOGA101 / \$DONATION 55MIN**

Mat yoga basics for flexibility & strength

★ **PILATES / \$DONATION 55MIN**

Mat pilates using various small apparatus for developing a strong core & flexibility. CLASS IS gentle- intermediate. *ADVANCED bonus class

★ **TIGHT & TONE / \$5 1HR**

Join Kelli W for an energetic session of low impact, cardio & toning...and bring your mat for the stretch portion of class!

★ **BEGINNER LINEDANCE/\$DONATION 1 HR**

Join Bonnie as you learn the basics of line dance!

★ **ZUMBA / \$5 1HR**

Get your cardio fix with great music and low impact moves!

★ **SIT & BE FIT / \$DONATION 45MIN**

Fitness is fun in this inclusive fitness class! Completely seated movements that include stretching & various props to improve mobility, posture & muscle strength.

EVENTS



MONDAYS-10-11AM \$2 TO PLAY FOR PRIZES.

7/17 LUNCH BUNCH 11:15AM \$3 REGISTER @ FRONT DESK



JULY 17-21 CAMP SUNSHINE IS BACK & BETTER THAN EVER! SIGN UP AT THE FRONT DESK TO ATTEND ACTIVITIES FOR \$10.

ACTIVITIES CAN ALSO BE SELECTED ALA CART, WITH INDIVIDUAL FEES.

JULY 7, 10AM-2PM

ROCK PAINTING FUNSHOP FOR THE WHOLE FAMILY! FREE & CONTINUOUS ACTIVITIES, DROP IN ANYTIME BETWEEN 10-2!