

# PATRIOTS PARK



## BOBBY WATERS GYM

### MEMBERSHIP & PRICES

**Individual Membership-** \$125 for 12 months or \$70 for 6 months

**Family Membership-** \$200 for 12 months or \$125 for 6 months

**Senior Individual Membership (Age 55 or over)-** \$60 for 12 months or \$30 for 6 months

**Senior Family Membership (Age 55 or over)-** \$100 for 12 months or \$50 for 6 months

**Student Membership (Age 24 or younger with valid school ID)-** \$50 for 12 months

### Warrior Jiu-Jitsu MMA Academy

• Details: Bobby Wilson 706.799.3201, low monthly rate

**Youth Warriors (8-12yrs)-** Mondays and Thursdays 6:00pm - 7:00pm and Saturday 10:00am-11:00am

**Teen & Adult (13 and up)-** Mondays and Thursdays 7:00pm - 8:30pm and Saturday 11:00am - 12:30pm

**Competition Prep Class-** Saturdays 12:30pm - 1:00pm.

Martial Arts helps develop self-discipline and focus in all age groups. Come have some fun learning how to throw a punch and kick, take someone to the ground to grapple and defend yourself when needed.

### Pickleball

To improve your strength, balance and pickleball skills. Come join us at Patriot's Park on **Monday, Wednesday, and Friday mornings at 9am!** No pickleball experience required. For more information, visit [124pickleball.com](http://124pickleball.com)

## HOURS

Monday - Friday: 6:00am - 9:00pm

Saturday: 9:00am - 5:00pm

Sunday: 12:00pm - 6:00pm

### Yoga

**\$5 per class**

• Details: Mary Ellen Smith 706.829.1200

**Yin Yoga & Tea (Mondays 10:30am - 11:30am)** Enjoy stretching, bending and breathing through slow and wonderful deep stretches that target connective tissue (fascia). Very fine selections of tea with some munchies are offered for your pleasure.

**Classic Yoga (Wednesdays 10:30am - 11:30am)** Come and learn to be present in each moment with each posture and leave relaxed, refreshed and renewed.

### Aerobics

**\$6 per class, \$40 for 10 classes, \$75 for 20 classes**

• Details: Maggie 443.794.3878 or Muriel 706.220.0016

**Step Aerobics (Mondays and Thursdays 5:00pm - 5:45pm)** Enjoy a fun, energetic workout, while increasing your endurance, strength and overall cardiovascular fitness level.

**Strength and Stretch Aerobics (Tuesdays 5:00pm - 6:15pm)** This class uses resistance bands, weights, and fitness balls to tone and sculpt your entire body. The class finishes off with a segment of abdominal work and stretching.