

Welcome to the Health & Fitness Department

All Group Fitness classes and access to the Weight Room are included in all memberships. Participants must be at least 13 years of age to utilize our Group Fitness classes or training equipment. 13-15 year olds must be in the company of a parent or guardian at all times while participating in Health & Fitness activities at



the Rec Center. Our Wellness Advocates are happy to give tours of the facility to potential members and will give individual guidance to members on how to use any of our equipment so you feel confident and successful in all of your workouts.

We also offer a variety of additional Fitness Programs throughout the year. For more information on the Health & Fitness Department and events please navigate through the menu options to the left. If you don't find what you are looking for please call 912-729-5600.

Supporting Documents

[group_fitness_schedule_2.pdf](#) 176.39 KB

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