

Physical Activity Opportunities for Older Adults

Hall County

Blackshear Place Library / 770-532-3311 Ext 151
2927 Atlanta Hwy., Gainesville, Ga. 30507

- Yoga for Beginners

BodyPlex – Oakwood / 678-943-1920
4335 Mundy Mill Rd., Gainesville, GA 30566

- SilverSneakers Circuit
- SilverSneakers Yoga
- Fitness Equipment

East Hall Community Center / 678-450-1540
3911 P Davison Road, Gainesville, GA 30507

- Walking track
- Fitness Center

Elevation Fitness / 770-535-2985
1210 Thompson Bridge Rd., Gainesville, GA 30501

- SilverSneakers Classic
- SilverSneakers Cardio Fit
- SilverSneakers Circuit
- SilverSneakers Splash
- SilverSneakers Yoga
- Tai Chi
- Zumba Gold
- Water Aerobics
- Fitness Equipment

First Baptist Church Family Life Center / 770-535-0478
751 Green St NW, Gainesville, GA 30501

- SilverSneakers Classic
- SilverSneakers Cardio

Fitness 1440 / 678-971-1096
3908 Winder Hwy., Flowery Branch, GA 30542

- Zumba Gold
- Yoga
- Tai Chi
- Fitness Equipment

Frances Meadows Aquatic Center / 770-533-5850
1545 Community Way, NE, Gainesville, GA 30501

- SilverSneakers Classic
- Fitness Center
- Water Aerobics in heated pool
- Dance Classes / Senior Line Dance
- Yoga / Balance Classes
- Tai Chi for Health
- Zumba Gold

Gainesville-Hall Co. Senior Life Center / 770-503-3336
434 Prior Street, SE, Gainesville, GA 30501

- Zumba
- Tai Chi
- Fitness Equipment
- Sit and Be Fit (chair exercise)

JA Walters Family YMCA / 770-297-9622
2455 Howard Rd, Gainesville, GA 30501

- Zumba Gold
- Water aerobics
- Fitness center
- Gentle Yoga
- Tai Chi

Murrayville Library / 770-532-3311 Ext 171
4796 Thompson Bridge Rd., Gainesville, GA 30506

- Tai Chi for Health
- Yoga (Gentle/Restorative)

Mulberry Creek Community Center /770-965-7140
4491 JM Turk Road, Flowery Branch

- SilverSneakers Yoga
- SilverSneakers Classic
- SilverSneakers Circuit
- Tai Chi
- Walking track

North Hall Community Center / 770-535-8280
4175 Nopone Rd, Gainesville, GA 30506

- SilverSneakers Classic
- Intro to Yoga (beginners)



Northeast Georgia Fall Prevention Coalition



A Matter of Balance Class for fall prevention

For details on next 8-week class:

Contact Lisa Howard at Legacy Link Area Agency on Aging

Call 770-538-2711 or email Lshoward@LegacyLink.org

Preventing Falls One Step at a Time