

Physical Activity Opportunities for Older Adults

Habersham County

Habersham County Senior Center / 706-839-0260 / 217 Scoggins Drive, Demorest, GA

- Tai Chi: Tuesdays at 9am
- SilverSneakers Classes: Monday, Wednesday and Friday at 10:30am
- Chair exercise: Tuesday and Thursday at 10am

Habersham Medical Center- Total Fitness at Ruby Fulbright Aquatic Center

706-754-2042 / 120 Paul Franklin Road, Clarkesville, GA

- Cardio and Strength Training Equipment
- SilverSneakers Classes

Call for class schedule and membership details.

Habersham County Parks and Recreation Department / Ruby Fulbright Aquatic Center

706-839-0234 / 120 Paul Franklin Road, Clarkesville, GA

- Adult Water Aerobics Classes: Mondays, Wednesdays, Fridays at 9am

Nature /Walking Trails

- Pitts Park - located 1 block from Clarkesville square and along the scenic Soque River
- Cornelia City Park - located on Wyly Street and often referred to as "Big City Park"

Workout Anytime Cornelia / 706-776-0024 / 378 Habersham Hills Circle, Cornelia GA

(In the Habersham Crossing Shopping Center)

- Cardio and Strength Training Equipment
- SilverSneakers Classes
- Silver&Fit Classes

Call for class schedule and membership details.

A Garden for Wellness and Antahsara Yoga

706-754-8899 / 140 Laprade Street, Clarkesville, GA

- SilverSneakers Classes
- Yoga Classes
- Stretch and Strengthening Classes
- Pilates Classes
- Tai Chi Classes
- Qi Gong Classes

Call for class schedule and membership details.



Preventing Falls One Step at a Time