

Physical Activity Opportunities for Older Adults

Union County

Union County Senior Center - 706-439-6105 / 95 Senior Center Drive, Blairsville, GA

- Tai Chi: Tuesdays at 12:30pm
- Yoga: Wednesday at 2:30pm
- SilverSneakers circuit: Monday, Wednesday and Friday at 8:30am
- SilverSneakers classic: Tuesday and Thursday at 2:30pm
- Chair exercise: Monday, Wednesday and Friday at 10:30am
- Mindfulness class: Wednesdays at 10am (incorporates breathing and relaxation)

Mountain Yoga & Massage Therapy - 706-897-8799 / 98 Cleveland St., Blairsville, GA

- Gentle Silver Yin: Can help you gain mobility, ease pain and provide healing opportunities for your body in a gentle & supportive way.
- Gentle/Restorative: A practice based on breathing exercises, gentle poses, linking breath to movement, meditation and overall self-care.
- And many more classes. MountainYogaAndMassageTherapy.com

Union General Wellness Center - 706-781-1008 / 376 Deep South Farm Rd., Blairsville, GA

- Cardio and Strength Training Equipment
- Group Classes: Aerobics, Line Dancing, Senior Mix, Body Sculpting, Zumba, Pilates, Yoga, Water Classes and Group Cycling Classes

Memberships include all classes and equipment

Union County Recreation Department - 706-439-6074 / 310 Wellborn St., Blairsville, GA

- Senior Fitness Classes: June - August
- Adult Water Aerobics Class at Meeks Park Pool: Mondays, Wednesdays, Fridays 10am-11am

First United Methodist Church - 706-745-2073 / 938 Highway 515, Blairsville, GA

Fitness options open to the community (Contact Stan Wallace for more details)

- Gentle Yoga: Tuesdays 9:15am-10:30am - \$5 per class
- Weight room and walking track - FREE

Kula Wellness - 828-482-6464 / 136 Emily Lane, Brasstown, NC 28902

- Mindful Monday Yoga: 9am-10am
 - Chair Yoga: Mondays and Wednesdays 10:30-11:15am
 - Morning Flow: Tuesdays and Thursdays 9am-10am
- \$12 for single session / multi class passes available / Drop-ins welcome!



Preventing Falls One Step at a Time