

# Physical Activity Opportunities for Older Adults

## Stephens County

### **Gym Nation (706-898-5438) - Elizabeth (owner)**

3384 Highway 17 Alternate, Toccoa, GA 30577

**SilverSneakers** accepted

**Yoga:** Wednesdays at 11am and 6pm

Starting April 15th:

**Retrofit Class** for beginners and seniors that incorporates cardio with strength

### **Square One Fitness (706-898-5411) - Phoenix**

276 N. Big A Road, Toccoa, GA 30577

**SilverSneakers classes**

**Boom classes** (for Baby Boomers and active older adults - SilverSneakers rated classes)

SS and Boom classes are offered on Tuesdays and Thursdays throughout the day

### **Stephens County Recreation Department (706-886-5101) - Cheryl**

199 Rose Lane Park Dr, Toccoa, GA 30577

**Water Exercise Classes** offered daily

**Walking Track** with stretching station

### **Stephens County Senior Center (706-886-4740) - Mary**

55 Roselane Park Drive Toccoa, GA 30577

**Seniorcise:** Mondays, Wednesdays, Fridays at 9:45am

Gentle Yoga: Thursdays at 5pm

### **St. Matthias Episcopal Church (706-886-4413) - Cindy**

995 E Tugalo St, Toccoa, GA 30577

**Tai Chi:**

Wednesdays at 9am standard class & 10:30am Beginner class

Fridays at 9am standard class

**Yoga:** Wednesdays at 5:45pm

### **Transform Fitness Center (706-886-2222) - Billy**

748 Big A Rd, Toccoa, GA 30577

**Silver Sneakers classes** (with free gym membership): Mondays and Wednesdays at 10am



**Preventing Falls One Step at a Time**