

Group Exercise Classes

Karate

TW Edwards Community Center (Pacolet)

Tuesdays and Thursdays

6:30 p.m. - 7:30 p.m.

\$40/Month

All ages welcome

Timken Community Center (Cowpens)

Tuesdays and Thursdays

5:30 p.m. - 6:30 p.m.

\$25/Month

All ages welcome

Zumba

Woodruff Leisure Center (Woodruff)

Mondays and Wednesdays

6:00 p.m. - 7:00 p.m.

\$5/Class OR \$25/Month

Timken Community Center (Cowpens)

Tuesdays

6:00 p.m. - 7:00 p.m.

\$6/Class OR \$20/Month

Inman Recreation Center (Inman Elementary)

Tuesdays and Thursdays

6:00 p.m.

\$20/Month

Yoga

Woodruff Leisure Center (Woodruff)

Thursdays

6:00 p.m. - 7p.m.

\$5/Class

Beehive Creative Dance for Children

Woodruff Leisure Center (Woodruff)

Thursdays

4:00 p.m. - 8:00 p.m. (1 hour class per age group)

Registration Fee: \$30

\$30/Month

Call (864) 476 - 7967 to find which class your child should be in.

Dance Dynamics for Children

Timken Community Center (Cowpens)

Mondays

4:30 p.m. - 7:15 p.m. (Different class for each age group)

\$45/Month

Call (864) 406 - 0726 to find out which class your child should be in.

Inman Recreation Center (Inman Elementary)

Fridays

3:00 p.m.

\$45/Month

Rockin' with Rhythm Senior Line Dancing

Woodruff Leisure Center (Woodruff)

Monday and Tuesday Evenings

6:00 p.m. - 8:00 p.m.

Tuesday Mornings

10 a.m. - 11:30 a.m.

\$10/Month

Timken Community Center (Cowpens)

Wednesdays at 10:15 a.m.

Fridays at 10 a.m.

\$10/Month

Call (864) 406 - 0726 to find out which class best fits your skill level.

Square Dancing

Inman Recreation Center (Inman Elementary School)

Mondays at 6:00 p.m.

Tuesdays at 6:30 p.m.

\$5/Class

September - May: Cafeteria Stage

June - August: Multipurpose Room

Shag Dancing

Inman Recreation Center (Inman Elementary)

Tuesdays

6:00 p.m. - 8:30 p.m.

\$30/Month for an individual OR \$50/Month for a couple

Senior Fitness Low Impact Aerobics

Woodruff Leisure Center (Woodruff)

Mondays, Wednesdays and Fridays

9:00 a.m. - 10:00 a.m.

FREE

Silver Sneakers Low Impact Fitness

Inman First Baptist Church Gym (Inman)

Mondays, Wednesdays and Fridays

11:15 a.m.

FREE for Humana Insurance clients

\$24/Month for everyone else

Pickleball

Woodruff Leisure Center (Woodruff)

Tuesdays

5:30 p.m. - 6:30 p.m.

Thursdays

11:00 a.m. - 12:00 p.m.

FREE and equipment is provided

Inman Recreation Center (Inman Elementary)

Tuesdays

7:15 p.m.

FREE and equipment is provided

Inman First Baptist Church

Mondays and Wednesdays at 6:30 p.m.

Saturdays at 9:00 a.m.

FREE and equipment is provided

CC Woodson Community Center

Wednesdays

5:30 p.m.

FREE and equipment is provided

Outdoor Lined Courts (FREE)

Duncan Park

Va-Du-Mar McMillan Park

Gordon Henry Park

TW Edwards Center

Senior Softball

Tyger River Park Stadium (Duncan)

Thursdays

10:00 a.m.

Contact Chuck Papale for details

(864) 884 - 2019

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