

# A Walk in the Park



Spring is in the air and summer is just a bloom away. The grass is green, the birds are singing, and the ballfields are consumed with team moms and dads chanting for victory. Summer is a time when school is out and sports and activities are in. While the kids are active this summer, it's also important to take time for yourself. Take a walk in a county park, choose a class that sparks your interest or plan a picnic with your family. There are so many fun things to do right here in your own backyard!



Reynolds Nature Preserve, located in Morrow, is home to 146 acres with over 3 miles of hiking trails. Explore the highest ridges in the county in a mixed oak-hickory-pine forest down to the wetlands and ponds fed by natural springs. Take the opportunity to step back in time and admire old farm equipment, spring houses, and a barn dating back to 1867. Don't forget to stop in the Nature Center to see the live animals, environmental displays or just to talk to a ranger.

Jesters Creek contains 13 acres of land which includes paved trails suitable for walking, biking, and even rollerblading. With multiple parking spots, Jesters Creek is a great location for families to enjoy a picnic, a leisure stroll, or maybe a visit to the Battlecreek Library.

Clayton County International Park "The Beach" was once the venue for the 1996 Olympic Beach Volleyball Competition and now provides an array of activities. Featuring a waterpark, International Park "The Beach" includes fishing lakes, picnic areas with grills, a softball field, a soccer field, playground area, a 17 court Tennis Facility, a Senior Center, a fitness center, hiking and biking trails, and a beautiful walking parkway that totals 3 miles.

The Parks and Recreation Department is always striving to provide innovative programs and services that are beneficial to the entire community. With that, we ensure that the Clayton County Parks and Recreation Department will continue enhancing such resources as the Leisure Connection, website, facebook, and other media outlets to inform citizens on available amenities. Please keep in mind that we do depend on your thoughts and ideas and welcome all suggestions that can improve the services we provide. Emails can be sent to [claytonparks@co.clayton.ga.us](mailto:claytonparks@co.clayton.ga.us) or via our website at [www.claytonparks.com](http://www.claytonparks.com) or facebook and twitter sites.

Constituent Services, (770) 477-3766, is available to you when you have any questions or concerns. Constituent Services continues to provide personal attention to all constituent questions, concerns and provides follow-up with solutions and accurate information in a timely manner.

As always, thank you for your continued support and loyalty to Parks and Recreation!

# Fitness Classes

## POWER SCULPTING

Participants use special weights, tubes, and discs called "gliders" to give a resistance workout. This class is for Intermediate and Advanced ONLY, no beginners please.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	M/W	6:45-8:00pm	May 17-Aug 7	Jim Huie	Doris Walker	Session I, II: \$35/\$30
15+	T/TH	9:15-10:30am	May 17-Aug 7	Jim Huie	Diana Griffin	Session I, II: \$35/\$30

## GLUTES & ABS

Upper body workout with hand weights and rubber tubes combined with lower body workout for gluts, legs, and abs.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
18+	M/W	7:30-8:30pm	May 17-Aug 7	Virginia B. Gray	Reginald Bohannon	Session I, II: \$24/\$20

## PILATES

Works the muscles from the inside out (core stabilization) performed on a mat.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
16+	T	6:30-7:30pm	May 17-Aug 7	Virginia B. Gray	Rhonda Shelton	Session I, II: \$24/\$20

## HATHA YOGA

A combination of breathing, physical postures, and meditation exercises that enhance the mind, body and soul.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	M/W	7:00-8:00pm	May 17-Aug 7	Jim Huie	Johnny Furlow	Session I, II: \$42/\$35
15+	T	7:00-8:00pm	May 17-Aug 7	Carl Rhodenizer	Dr. Tri Le	Session I, II: \$28/\$24

## SPINNING - Beginner/Intermediate/Advanced

Participants join the instructor for 40-50 min ride on a specially designed bike that allows you to increase the resistance to simulate going up hill, riding in a bike race and riding on flat ground.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	T/TH	6:00-7:00pm	May 17-Aug 7	Jim Huie	Doris Walker	Session I, II: \$24/\$20
15+	T/TH	12:15-1:15pm	May 17-Aug 7	Jim Huie	Debbie Wes	Session I, II: \$24/\$20
15+	SAT	11:15-12:15pm	May 17-Aug 7	Jim Huie	Lauren Lacy	Session I, II: \$14/\$10

## DO THE RIGHT THING

Learn the proper way to use fitness center equipment to increase efficiency and effectiveness while working out.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	TH (2nd)	7:00-8:00pm	May 13, June 10 July 8, Aug 12	Virginia B. Gray	Staff	No Charge

## PEE WEE BASKETBALL CAMP

This class teaches the rules and regulations of basketball, ball handling, shooting, ball movement, and free throws.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
3-5	SAT	10:00-12:00pm	May 17-Aug 7	Virginia B. Gray	Reginald Cofield	Session I, II: \$35/\$30

## FUNDAMENTALS OF BASKETBALL

Students will learn the history of basketball, dribbling, free throws, shooting and passing. Limited to 10 participants.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
6-12	M/W	6:00-7:00pm	May 17-Aug 7	Virginia B. Gray	Reginald Cofield Sr.	Session I, II: \$35/\$30
13-17	M/W	7:00-8:00pm	May 17-Aug 7	Virginia B. Gray	Reginald Cofield Sr.	Session I, II: \$35/\$30
5-15	W	6:00-7:00pm	May 17-Aug 7	Jim Huie	Coach Teddy	Session I, II: \$18/\$15

## VOLLEYBALL

Open for public play, all experience levels welcomed.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
7+	SAT (2nd)	3:30-4:30pm	May 17-Aug 7	Jim Huie	Staff	General Admission Charge
All	SAT	10:00-12:00pm	May 17-Aug 7	Carl Rhodenizer	Coach Benn	No Charge

# Fitness Classes

## BODY SCULPTING

This class is designed to tone areas and define your shape by using various techniques that will transform your body.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	T/TH	7:15-8:15pm	May 17-Aug 7	Carl Rhodenizer	Veda McNeal	Session I, II: \$28/\$24

## CARDIO KICKBOXING

Cardiovascular conditioning with a Tae Bo style workout. High energy class that works all the muscles in the body.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	SAT	10:00-11:00am	May 17-Aug 7	Carl Rhodenizer	Veda McNeal	Session I, II: \$28/\$24
15+	M/W	7:30-8:30pm	May 17-Aug 7	Virginia B. Gray	Rhonda Shelton	Session I, II: \$42/\$35

## TOTAL BODY WORKOUT

A basic step class that incorporates resistance, hand weights and floor exercise. (B) Indicates Beginner Level.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	T/TH	7:15-8:15pm	May 17-Aug 7	Jim Huie	Lauren Lacy	Session I, II: \$24/\$20
15+	M/W/F	9:15-10:15am	May 17-Aug 7	Jim Huie	Caren Gibson	Session I, II: \$35/\$30
15+	M/W	5:30-6:30pm	May 17-Aug 7	Jim Huie	Gwen Bennett	Session I, II: \$24/\$20
15+	SAT	10:00-11:00am	May 17-Aug 7	Jim Huie	Gwen Bennett	Session I, II: \$14/\$10
10+ (B)	T/TH	6:15-7:15pm	May 17-Aug 7	Virginia B. Gray	Sonya Jefferson	Session I, II: \$24/\$20
12+ (B)	T/TH	7:30-8:30pm	May 17-Aug 7	Virginia B. Gray	Enid Pigors	Session I, II: \$24/\$20
10+	M/W	9:15-10:15am	May 17-Aug 7	Virginia B. Gray	Sonya Jefferson	Session I, II: \$24/\$20
10+	M/W	6:15-7:15pm	May 17-Aug 7	Virginia B. Gray	Sonya Jefferson	Session I, II: \$24/\$20
12+	SAT	9:00-10:00am	May 17-Aug 7	Virginia B. Gray	Enid Pigors	\$2 per day (Drop In)

## BOOT CAMP

Get your mind right and your body tight. A challenging program designed to get you in top physical condition.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	T/TH	6:00-7:00pm	May 17-Aug 7	Carl Rhodenizer	Veda McNeal	Session I, II: \$90/\$85
	SAT	8:15-9:15pm	May 17-Aug 7			

## KICKBOXING / SCULPTING

Tuesday classes offer kickboxing at a high energy level and Thursday classes offer power sculpting.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	T/TH	6:00-7:00pm	May 17-Aug 7	Jim Huie	Lauren Lacy	Session I, II: \$24/\$20

## HIP HOP AEROBICS

A low impact aerobic exercise that uses simple dance moves while listening to hip hop music.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
15+	T/TH	7:45-8:30pm	May 17-Aug 7	Virginia B. Gray	Rhonda Shelton	Session I, II: \$24/\$20

## KIDS FUNDAMENTALS

Shooting, passing, dribbling, and defensive positioning will be taught. Space is limited. This activity will take place in Gym 1.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	SESSION / FEES
3-5	W (2nd (4th)	6:00-7:00pm	May 17-Aug 7	Carl Rhodenizer	Coach Benn	No Charge

