

Classes at Virginia Burton Gray

Registration Dates:

January 30th ~ February 11th

Classes Dates:

February 13th ~ March 18th

Late Registration:

February 13th ~ February 12th

***There will be a \$10 fee for late registration.**

Additional \$10 fee for Non-Clayton County Residents

Monday ~ Friday Registration is from

8:00AM ~ 8:00PM

Saturday Registration is from 9:00AM~5:00PM

Aqua Fusion

Aqua Aerobics, also known as water resistance training, is a form of exercise which provides cardiovascular conditioning (increasing your pulse and your breathing rate). Water exercise equipment such as pool noodles & water dumbbells will often be utilized in these classes.

Fundamental of Basketball

Designed to educate students on the rules & regulation of basketball. Plus, the importance of keeping a positive attitude.

Move with Mo

Chair one fitness is a comprehensive chair exercise program created for individuals who have joint problems.

BM Fit Camp

This program will get your mind right & body tight. Boot camp is a challenging program designed to get you in top physical condition,

Beads and Things

This class is teaching the fundamentals of beading, allowing the participants to create rings, necklaces, bracelets and more.

Aqua Meditation

An exceptional means of Self Care.

Line Dance

This class will teach basic line dance moves & introduce students to line dance terminology.

Youth Swim Lessons (Ages: 3-17)

Registration January 23rd ~ February 10th

Classes Start February 6th ~ March 2nd

8 Children Per Class

Class Day & Times

5:30PM ~ 6:10PM

6:20PM ~ 7:00PM

7:10PM ~ 7:50PM