

Classes at Virginia Burton Gray

Registration Dates:

Dec 11th ~ Jan 6th

Classes Dates:

Jan 2nd ~ Feb 3rd

Late Registration:

Jan 1st ~ Jan 6th

***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 that 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 & regulations of basketball. Plus, the importance of keeping a positive attitude.

Chair One Fitness

Chair One Fitness is a comprehensive chair exercise program for individuals with 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,

Line Dance

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

TFBO

Private basketball training refers to personalized coaching sessions tailored to individual players' needs and goals in the sport of basketball. These one-on-one training sessions are typically conducted by experienced basketball coaches or trainers and offer several advantages for players looking to improve their skills.

ZUMBA GOLD TR

Zumba is a dance-based fitness program that combines exercise with music and dance styles from around the world. It provides an enjoyable way to improve cardiovascular fitness, burn calories, and tone muscles while fostering a sense of community and fun.

Youth Swim Lessons (Ages: 3-17)

Registration **TBA**

Classes Start September **TBA**

10 Children Per Class

Class Day & Times

4:20PM ~ 5:20PM

5:30PM ~ 6:10PM

6:20PM ~ 7:00PM

7:10PM ~ 7:50PM