



HOPE MILLS PARKS AND RECREATION

5766 Rockfish Road, Hope Mills, NC 28348 (910) 426-4109
Website: townofhopemills.com Facebook: [Hope Mills Parks & Recreation](#)

55+ ADULT PROGRAMS

WALK & TALK

Indoor walking is available 5 days a week for those that do not wish to walk outside or for a rainy day! Bring a friend or walk alone at your own pace to get those needed, daily steps in..... **MON–FRI 8-9 am**

FUNCTIONAL FITNESS

A dynamic fitness class designed for a diverse population ages 55+. The class incorporates cardio, strength training & stretching. Chairs are provided for seated and standing support. Please bring water & wear close toe, rubber sole footwear.

MON & WED 9:30-10:30 am

BEGINNER LINE DANCE

Brand new to line dance? This instructional class is designed for you! Learn the basics, the terminology and spend as much time reviewing steps as needed.

MON & WED 10:45-11:45 am

INTERMEDIATE LINE DANCE

This is a fast paced line dance class designed for the seasoned line dancer or quick learner. Come prepared to dance for a full hour with minimal instruction; only brief reviews are provided.....

MON & WED 12:00-1:00 pm

YOGA

Move through poses and stretches to improve flexibility, mobility and balance. This is a floor based Yoga class, however modifications may be provided as needed.

Please bring your own mat.....**TUE & THU 12-1 pm**

ZUMBA

Dance cardio class designed to get your heart rate up and let you feel the beat to various styles of music. Please bring water and be ready to sweat!

TUE & THU 1:15-2:15 pm

FUN & FIT

Exactly what it is called, this class is “fun” while getting “fit” in an instructor’s choice type format. Each week is something different, but sure to give you a good workout either cardiovascular, strength or cognitive! Please bring your own mat for floor work.....

FRI 12:15-1 pm

STRONG BONES

Weight bearing exercises not only maintain, but can help improve bone density.

Various fitness equipment is used to provide strength training exercises, and some portions are done on the floor. Please bring your own mat.....

WED & FRI 1:15-2 pm

55+ WEEKLY CALENDAR AT A GLANCE

MON	8:00 - 9:00	Walk & Talk
	9:30 - 10:30	FUNctional Fitness
	10:45-11:45	Line Dancing - Beginners
	12:00 -1:00	Line Dancing - Intermediate
TUE	8:00 - 9:00	Walk & Talk
	12:00-1:00	Yoga
	1:15-2:15	Zumba
WED	8:00 - 9:00	Walk & Talk
	9:30 - 10:30	FUNctional Fitness
	10:45-11:45	Line Dancing - Beginners
	12:00 -1:00	Line Dancing - Intermediate
	1:15 - 2:00	Strong Bones
THU	8:00 - 9:00	Walk & Talk
	12:00-1:00	Yoga
	1:15-2:15	Zumba
FRI	8:00 - 9:00	Walk & Talk
	12:15 - 1:00	Fun & Fit
	1:15 - 2:00	Strong Bones

Additional programs you may want to join that are no cost are: Social Quilting, Social Knitting & Crocheting & Plastic Bags Sleeping Mats Humanitarian Program. See flyers for days and times. These programs are for all ages!

There's also an Acrylic Painting class once a month. Cost: \$10. See flyer for details.