

SEPTEMBER

Silver Sneakers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day NO CLASSES	3 ● 10:15 am Line Dance	4 ● 9am SS Classic	5 ● 10:15am Line Dance	6
9 ● 9am SS Classic	10 ● 10:15 am Line Dance	11 NO CLASSES	12 ● 10:15am Line Dance	13
16 ● 9am SS Classic	17 ● 10:15 am Line Dance	18 ● 9am SS Classic	18 ● 10:15am Line Dance	20
23 ● 9am SS Classic	24 ● 10:15 am Line Dance	25 ● 9am SS Classic	26 ● 10:15am Line Dance	27
30 ● 9am SS Classic				

Preregistration is required for all Silver Sneakers classes.

Registration Process:

- Registration will open on the 3rd Monday of the month prior (August 19 for the September session) at 9 am.
- Johns Creek residents will have 3 days priority registration. Non-residents may register during this time and after 3 days will be moved onto the roster, if space allows.
- Registration will be accepted either In-person at Park Place, by email or phone call. No voicemail messages or email requests prior to 9 am on Monday morning will be acknowledged.
- Participants without Silver Sneakers coverage may still participate and must pay \$5 per class, pre-paid for entire session at time of registration.

These classes will have a MAXIMUM of 16 participants and pre-registration is required.

CLASS LOCATIONS:

- **Park Place**
- **Amphitheater**

To learn more about this and other senior programming please visit JohnsCreekGA.gov/recreationandparks/seniors.