

NOVEMBER

Silver Sneakers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 ● 9am SS Classic	5 ● 10:15 am Line Dance	6 ● 9am SS Classic	7 ● 10:15am Line Dance	8
11 ● NO CLASSES Park Place Closed	12 ● 10:15 am Line Dance	13 ● 9am SS Classic	14 ● 10:15am Line Dance	15
18 ● 9am SS Classic	19 ● 10:15 am Line Dance	20 ● 9am SS Classic	21 ● 10:15am Line Dance	22
25 NO CLASSES	26 NO CLASSES	27 NO CLASSES	28 ● NO CLASSES Park Place Closed	29 Park Place Closed

Preregistration is required for all Silver Sneakers classes.

Registration Process:

- Registration will open on the 3rd Monday of the month prior (October 21 for the November 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

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