



COMMUNITY CHAIR EXERCISE SITES

Rupert Bell Recreational Center
1501 Mt. Zion Place
727-2051
Mondays, Wednesdays, & Fridays
10:15 – 11:15 a.m.

American Red Cross
690 Coliseum Drive Room #109
724-0511
Tuesdays and Thursdays
10:15 – 10:45 a.m.

South Fork Community Center
4403 Country Club Rd.
659-4305
Tuesdays and Thursdays
10:00 – 10:45 a.m.

Carl Russell Recreational Center
3521 Carver School Rd.
727-2580
Mondays and Thursdays
10:00 – 10:45 a.m.

Reynolds Park Recreational Center
2450 Reynolds Park Road
650-7684
Tuesdays & Thursdays
9:00 – 9:30 a.m.

Polo Recreation Center
1850 Polo Rd.
659-4309
Monday & Wednesdays 1:30 – 2:15 p.m.

Hanes Hosiery Community Center
501 Reynolds Blvd
727-2428
Tuesdays 11:10 – 11:50 a.m.

Miller Park
400 Leisure Lane
727-2831
Tuesday & Thursdays
2:00 – 2:40 p.m.

Martin Luther King Jr. Recreation Center
2001 Pittsburg Ave.
727-2740
Mondays & Wednesdays 11:30 a.m. – 12:30 p.m.
Tuesdays & Thursdays 1:30 – 2:30 p.m.

Sedge Garden Community Center
401 Robbins Road
650-7694
Mondays & Thursdays
9:30 – 10:15 a.m.

Alpha and Omega Institute
1445 Gray Ave
748-4787
Mondays 1:00 p.m. – 1:30 p.m.
Wednesdays 1:00 – 1:30 p.m.

William Sims Sr. Center.
1230 Alder St.
727-2837
Please call for dates and times.

14th Street Recreation Center
2020 North East 14th Street
727-2891
Tuesdays & Thursdays at 10:00 – 10:45 a.m.

Galilee Missionary Baptist Church
703-3219
575 Martin Luther King Jr, Drive
Wednesdays 10:15 – 11:00 a.m.

William R. Anderson Jr. Rec. Center
2450 Reynolds Park Road
650-7680
Please call for dates and times.

Rural Hall Library
7125 Broad Street Rural Hall
703-2970
Mondays and Fridays
10:00 – 10:40 a.m.

Kernersville Senior Enrichment Center
130 E. Mountain St.
992-0591
Mondays, Tuesdays & Thursdays
(class has 2 parts)
Chair exercise 10:00 – 10:30 a.m.
Low impact aerobics 10:30 – 11 a.m.

Please contact your healthcare provider BEFORE beginning any exercise program.

You should contact the individual site to confirm the date and time of their exercise program.

*All classes are **FREE** and open to the PUBLIC!! Please the Forsyth County Department of Public Health at (336) 703-3219 for more information.*

