

Programs



Young Artist

For children who want to receive a deeper understanding of art including drawing with mediums of pencil, pastels, charcoals, etc. Come discover your artistic abilities.

Ages	Days	Time	Location	Instructor	Contact	Fee
5-9 yrs	Tues	3:30-5pm	Meridian	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$12 members \$15 non-members
10 & up	Tues	5:15-6:45pm	Meridian	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$12 members \$15 non-members
5-9 yrs	Thur	3:30-5pm	Felker	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$12 members \$15 non-members
10 & up	Thur	5:15-6:45pm	Felker	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$12 members \$15 non-members

Adult Art

Those who want to receive a deeper understanding of art including drawing with mediums of pencil, pastels, charcoals, etc. Come discover/improve your artistic ability

Ages	Days	Time	Location	Instructor	Contact	Fee
Adults	Thur	10-2pm	Felker	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$15 members \$20 non-members
Adults	Tues	2-3:30pm	Meridian	V. Leonard	ttaleonard@bellsouth.net or (770) 855-6445	\$15 members \$20 non-members

Cardio Kickboxing

This is a medium to high intensity aerobics class that incorporates various kickboxing moves. Get ready to punch and kick your way to a better you!

Ages	Days	Time	Location	Instructor	Contact	Fee
12+	Tues	6:30-7:30pm	Meridian	J. Tallant	timcaleb@windstream.net or (404) 274-5895	\$3 members \$5 non-members

Drama

Stand & Deliver: Theater in the Park is a program that explores real life scenarios to develop acting skills through skits, improvisation and comedy.

Ms. Carolyn Taylor is a local playwright, director and producer for stage plays. Classes begin February 5th!

Ages	Days	Time	Location	Instructor	Contact	Fee
7-17	Fri	5:30-6:30pm	Felker	C. Taylor	(770)266-0912 or mihighercalling@yahoo.com,	\$30 per month

Boot Camp

Ultimate Boot Camp is a total body workout designed to help you lose weight and tone muscle. Each session includes a warm up, cardio training, strength & resistance training, core and balance exercises. Get a free meal plan with your first month's sign up!

Ages	Days	Time	Location	Instructor	Contact	Fee
16+	Tues	5:30-6:30pm	Felker	N.Duncan	nicole@fitnicole.com	Varies (\$129-169 monthly)
16+	Tues	5:15am-6:15am	Meridian	N.Duncan	nicole@fitnicole.com	Varies (\$129-169 monthly)
16+	Thurs.	5:30-6:30pm	Felker	N. Duncan	nicole@fitnicole.com	Varies (\$129-169 monthly)
16+	Thurs	5:15am-6:15am	Meridian	N.Duncan	nicole@fitnicole.com	Varies (\$129-169 monthly)

Senior Fitness

A FREE class for seniors 50+ that encourages general movement, stretching, and very light strengthening exercises. Groove to your favorite tunes throughout the workout. You make it as easy or as challenging as you like. Ask the front desk attendant for more info.

Ages	Days	Time	Location	Instructor	Contact	Fee
50+	Mon	10:30-11:30am	Meridian	V. Urmetz	vrmetz@co.walton.ga.us or 770-266-1602	Free
50+	Tues	10:30-11:30am	Felker	V. Urmetz	vrmetz@co.walton.ga.us or 770-266-1602	Free
50+	Thurs	10:30-11:30am	Meridian	V. Urmetz	vrmetz@co.walton.ga.us or 770-266-1602	Free
50+	Fri	10:30-11:30am	Felker	V. Urmetz	vrmetz@co.walton.ga.us or 770-266-1602	Free

Cardio/Sculpt

This is an energetic workout to tone the body and burn calories that specifically targets your arms, legs and abs!

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Wed	5:30-6:30pm	Meridian	J. Tallant	timcaleb@windstream.net or (404) 274-5895	\$3 members \$5 non-members

Volleyball

Competitive open play volleyball

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Thu	5:30-8:00pm	Meridian	None	meridiancommunitycenter@co.walton.ga.us	Free for members \$2 non-members
Any	Fri	5:30-8:00pm	Meridian	None	meridiancommunitycenter@co.walton.ga.us	Free for members \$2 non-members
Any	Sat.	8:00-4:00pm	Meridian	None	meridiancommunitycenter@co.walton.ga.us	Free for members \$2 non-members

Hoops for Fun

Organized 5 on 5 or 3 on 3 competitive play basketball

Ages	Days	Time	Location	Instructor	Contact	Fee
16+	Mon	5:30-8pm	Meridian	K. Chambers	kjsdad99@yahoo.com	\$2 for in county \$4 for out of county
16+	Tues	5:30-8pm	Nowell	K. Chambers	kjsdad99@yahoo.com	\$2 for in county \$4 for out of county
16+	Thurs	5:30-8pm	Nowell	K. Chambers	kjsdad99@yahoo.com	\$2 for in county \$4 for out of county
16+	Fri	5:30-8pm	Meridian	K. Chambers	kjsdad99@yahoo.com	\$2 for in county \$4 for out of county
16+	Sat	12pm-2pm	Meridian	K. Chambers	kjsdad99@yahoo.com	\$2 for in county \$4 for out of county

Full Court Open Play Adult Basketball

Open to adults to come and play a game pick up basketball. Participants must adhere to ALL gym rules and dress code.

16+	Mon	12-3:00pm	Felker	None	felkercommunitycenter@co.walton.ga.us	\$2 for in county \$4 for out of county
16+	Wed	12-3:00pm	Felker	None	felkercommunitycenter@co.walton.ga.us	\$2 for in county \$4 for out of county
16+	Thurs	12-3:00pm	Felker	None	felkercommunitycenter@co.walton.ga.us	\$2 for in county \$4 for out of county
16+	Fri	12-3:00pm	Felker	None	felkercommunitycenter@co.walton.ga.us	\$2 for in county \$4 for out of county

Personal Training

Provides a one on one workout tailored to your specific needs, whether your needing to know where to begin or need someone to help push you to that next level.

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Mon.	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Tues	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Wed	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Thurs	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Fri	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr
Any	Sat.	Flexible	Meridian/Felker	K. Ivie	kathyivie@yahoo.com or (770) 601-0290	\$20 p/half hr \$35p/hr

Yoga

Producing balance in your body through flexibility, strengthening, toning, stretching, breathing and relaxing while peacefully connecting your mind and body

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Tues	9:30am-10:45am	Meridian	S. Healy	770-366-6607 or cousinohealy@bellsouth.net	\$7 p/class
Any	Thurs.	10:45am-12pm	Meridian	S. Healy	770-366-6607 or cousinohealy@bellsouth.net	\$7 p/class
Any	Sat	8:15am-9:30am	Meridian	S. Healy	770-366-6607 or cousinohealy@bellsouth.net	\$7 p/class

Senior Yoga

Great for seniors and participants with limited mobility. Produces balance in your body through flexibility, strengthening, toning, stretching, breathing and relaxing while peacefully connecting your mind and body (with the use of chairs).

Ages	Days	Time	Location	Instructor	Contact	Fee
50+	Tues	11am-12pm	Meridian	S. Healy	770-366-6607 or cousinohealy@bellsouth.net	\$5 p/class
50+	Thurs.	9:20am-10:20am	Meridian	S. Healy	770-366-6607 or cousinohealy@bellsouth.net	\$5 p/class

Step

Take a rectangle shaped platform, stack it atop one or more sets of risers, add some spicy music, an enthusiastic instructor, a group of ready participants and voila- you've got yourself a step class! Come take your cardio workout to a new level! You must contact the instructor in advance to secure a step

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Thurs.	6pm-7pm	Meridian	J. Tallant	timcaleb@windstream.net or (404) 274-5895	\$3 members \$5 non-members

Calligraphy

Personal instruction on italic and copperplate writing styles. Calligraphy is fun when you see it more as the art of painting each letter to compose "word pictures"

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Mon	6:00-8:00pm	Meridian	S. Fulton	sharna.fulton@att.net	\$15 p/class or \$50 for 4 classes

Tumbling

Rockdale Gymnastics brings it's tumbling and cheerleading classes to Walton County Park and Recreation. They are offering classes for preschool up to high school students. There's a class for all levels. There is a \$25 yearly registration fee. See flyer for more information!

Ages	Days	Time	Location	Instructor	Contact	Fee
Beg	Wed.	3:45-4:40pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month
Beg/Int	Wed.	4:35-5:30pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month
Beg/Int	Wed.	5:25-6:20pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month
Adv	Wed.	6:15-7:10pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month
Groups	Wed.	7:05-8:00pm	Nowell	Joe Ashley	(770) 266-1638 or nicole.duncan@co.walton.ga.us	\$55/month

Homeschool P.E. & Team Building

This is a physical education class for homeschool students. Classes start January 5th and end on May 25th.

Ages	Days	Time	Location	Instructor	Contact	Fee
5-10	Tues.	2:00 - 3:00pm	Felker	M. Locklin	(770)266-0912 or mihighercalling@yahoo.com	\$5/class or \$18/month

Fishing

Come and enjoy fishing at our fully stocked Meridian Lake (specific days/specific ages). The lake is stocked with catfish.

Ages	Days	Time	Location	Instructor	Contact	Fee
18 & under	3rd Sat.	All Day	Meridian	None	770-266-1605 or lindsey.katzman@co.walton.ga.us	None
55+	Tues.	All Day	Meridian	None	770-266-1605 or lindsey.katzman@co.walton.ga.us	None
Fly Fish	Wed	All Day	Meridian	None	770-266-1605 or lindsey.katzman@co.walton.ga.us	None

Zumba

This high-intensity aerobics class fuses Latin-inspired rhythms with easy to follow dance moves. Featuring interval training sessions where rhythms and resistance training are combined to tone/sculpt the body while burning fat. This fun, energetic, and mind-blowing class will surely get individuals crazy about Zumba!

Ages	Days	Time	Location	Instructor	Contact	Fee
Any	Mon	6:30pm-7:30pm	Meridian	R. O'Neal	ilovemycpa@gmail.com	\$3 members \$5 non-members
Any	Tues	5:30pm-6:30pm	Meridian	R. O'Neal	ilovemycpa@gmail.com	\$3 members \$5 non-members
Any	Thurs	6pm-7pm	Meridian	R. O'Neal	ilovemycpa@gmail.com	\$3 members \$5 non-members

****Volleyball and Hoops for fun will end on October 19th and will resume again in March****