



City of Florence OWLS Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
<u>9:00am</u> Tai Chi 2 Continuation Not for Beginners Registration Required Bill Wilkes Barnes Gym 45 min	<u>9:00am</u> Tai Chi Yang 24 Conti Not for Beginners Registration Required Bill Wilkes Barnes Gym 45 min	<u>9:00am</u> Beginner Yoga (Jan 7-Feb 11) Registration Required Dëbôrah Barnes Gym 45min	<u>9:00am</u> Gentle Yoga Dëbôrah Barnes Gym 45min	<u>9:00am</u>
<u>10:00am</u> Tai Chi for Arthritis & Fall Prev. Beginners Registration Required Bill Wilkes Barnes Gym 45 min	<u>10:00am</u> Gentle Yoga Dëbôrah Barnes Gym 45min	<u>10:00am</u> Fit & Strong Sharon M. Barnes Gym 60min	<u>10:00am</u> Chair Yoga Dëbôrah Barnes Gym 45min	<u>10:00am</u> Weight(Wise) Training Sharon M. Barnes Gym 50 min
<u>Noon</u> ZUMBA Sharon M. Barnes Gym 45 min	<u>11:00am</u> Chair Yoga Dëbôrah Barnes Gym 45min	<u>11:00am</u>	<u>Noon</u> ZUMBA Sharon M. Barnes Gym #####	<u>11:00am</u> Fit & Strong Sharon M. Barnes Gym 60 min
Gym Time	Barnes Street Activity Center		Monday - Friday	
9:00am - 2:00pm				
If you have questions about the schedule, please call 843-665-3253.				



City of Florence NITE OWLS Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>6:00PM/Nite OWLS</u> Tai Chi Yang 24 Beginner Bill W. Maple Park 45 min			

effective 08/26/2025

The City of Florence OWLS is a program for active adults 50+ within the City of Florence Recreation Services department based out of the Barnes Street Activity Center at 513 Barnes Street near Downtown Florence. We use the Pearl Moore Basketball Center (500 Barnes Street) for pickleball and other activities and we meet at the Maple Park Community Center (915 Gregg Ave) for Nite OWLS activities. Our annual membership fee is \$15 . Your OWLS membership allows participation in the City of Florence Life Long Recreation programs that meet at the Levy Park Community Center (356 S. Jeffords St.), Dr. Iola Jones Community Center (608 E. Maxwell St.), and the Northwest Community Center (801 Clement St.).

Please visit & 'like' our Facebook page at City of Florence OWLS.

The City of Florence OWLS... Older Wiser Livelier Seniors!



513 Barnes Street
Florence, SC 29501
843.665.3253