

SUGGESTED DONATIONS

The Wellness Center is a nonprofit volunteer-based church ministry. Though the activities are free to most Wellness Center members with supplemental insurance plans, they are not free to the church. Donations go to offset expenses. Suggested donations are for a four hour period (our daily opening schedule), so adjust as you see fit.

- ✓ \$1-2/day for walking or weightroom
- ✓ \$4 /day or \$25/ month for pickleball
- ✓ Class fees listed on reverse for a 12 week session

ELIGIBLE INSURANCE PROGRAMS



CONTACT US :



770- 921-1452 (Church Office)



5485 Five Forks Trickum Rd.
Stone Mountain, GA 30087
Building C behind the church



www.mtnparkchurch.net/wellness



wellness@mtnparkchurch.net



Wellness Center at Mountain
Park Church

MISSION

The Center provides high quality exercise experiences as a means of serving our community and supporting the church's mission of making disciples of Jesus Christ.



WELLNESS

CENTER

OPEN MONDAY-FRIDAY: 8:00-12:00

FACEBOOK: WELLNESS CENTER AT MOUNTAIN PARK CHURCH



A Ministry of Mountain Park Church

INDOOR PICKLEBALL

- ✓ Three indoor courts with custom paddle rack for organization
- ✓ Play is to 9 or 11 points depending on crowds
- ✓ Suggested donation: \$25/month or \$4 drop in for up to 4 hours of play
- ✓ Thank you for paying for what you use.



AMENITIES

- Indoor Pickleball
- Joint-friendly Walking Track
- Weight & Fitness room
- Treadmills
- Stationary Bikes
- Recumbent Bikes
- Elliptical Trainer
- Free Weights
- Multi-function Selectorized Weight Machines
- Cardio, Flexibility, Balance & Strength Training Classes
- Organized Social and Spiritual Activities

SILVER SNEAKERS CLASSIC

MONDAYS AT 11:00 & WEDNESDAYS AT 10:00

\$72 FOR NON-INSURANCE PARTICIPANTS

Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a ball. A chair is used for seated exercises or standing support. Difficulty: low

SEATED STRETCH & STRENGTH

FRIDAYS 11:00-11:45

\$36 FOR NON-INSURANCE PARTICIPANTS

Slow-paced and gentle, this class mostly seated class aims to stretch muscle groups through their range of motion in a sitting and standing position. Emphasis on breathing exercises and kinesthetic awareness to stretch and strengthen so that you can move through life with greater ease. Difficulty: low

ALL CLASSES LAST 12 WEEKS IN A SESSION

SILVER SNEAKERS CIRCUIT

MONDAY & WEDNESDAY 8:30-9:30

\$72 FOR NON-INSURANCE PARTICIPANTS

Offers standing low or high-impact cardio choreography alternated with standing upper- and lower body circuit strength training with dumbbells and resistance bands. The last cardio circuit involves 30 seconds of work followed by 15 seconds of rest. Difficulty: medium to high*

STRENGTH TRAINING CIRCUIT

TUESDAYS 9:45-10:30

\$60 FOR EVERYONE

For advanced fitness people, this class focuses on building muscle and strengthening the core with an emphasis on lifting weights, using mini-loop bands and a fitness step. Must be able to do alternate exercises on the floor and in standing position. Difficulty: high*

SILVER SNEAKERS STABILITY

TUESDAYS & THURSDAYS 11:00-11:45

\$72 FOR NON-INSURANCE PARTICIPANTS

Improve your balance and strength to prevent a fall in a safe controlled setting. Using both static and dynamic balance drills, movements focus on strengthening the ankle, knee and hip joints, while improving reaction time. Also incorporates strength training. Difficulty: medium*

CARDIO & STRENGTH TRAINING

FRIDAYS FROM 8:30-9:15

\$36 FOR NON-INSURANCE PARTICIPANTS

For advanced fitness people, this all full-body standing class has cardio and strength timed work and rest intervals focusing on lower body, upper body, cardio and core. Uses dumbbells for resistance. Difficulty: high*

*DIFFICULTY FOR AVERAGE HEALTHY SENIOR ADULT