



City of Florence OWLS Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am Tai Chi for Arthritis & Fall Prev. Beginners Registration Required Bill Wilkes Barnes Gym 45 min	9:00am Tai Chi Yang 24 Conti Not for Beginners Registration Required Bill Wilkes Barnes Gym 45 min	9:00am Gentle Stretch & Stroll Teresa S. Lawton-Chase House 558 Spruce Street 45 min	9:30am Gentle Yoga Anne Barnes Gym 60 min	9:00am
10:00am	10:15am Gentle Yoga Anne Barnes Gym 45min	10:00am Fit & Strong Sharon M. Barnes Gym 60min	10:45am Chair Yoga Anne Barnes Gym 45 min	10:00am Weight(Wise) Training Sharon M. Barnes Gym 50 min
Noon ZUMBA Sharon M. Barnes Gym 45 min	11:30am Chair Yoga Anne Barnes Gym 45min	10:00am Crochet - Supplies Required Daria - MPR - 60min 11:30am Line Dancing Tori Barnes Gym	Noon ZUMBA Sharon M. Barnes Gym 45 min	11:00am Fit & Strong Sharon M. Barnes Gym 60 min
Gym Time Barnes Street Activity Center Mandy - Friday 9:00am - 1:45pm				

Crochet instruction will be given every Wednesday at 10:00am. When instruction is not given members are invited to come together to work on their current projects. If you have questions about the schedule please call 843-665-3253.



For more information call 843-665-3253.

effective 02/17/2025



City of Florence NITE OWLS Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>6:00PM/Nite OWLS Tai Chi Yang 24 Beginner Bill W. Maple Park 45 min</p>			
effective 02/17/2025				

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