

Physical Activity Directory for Older Adults

An Activity Directory for Residents of Richland and
Lexington County



<http://prevention.sph.sc.edu/PAdirectory>

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INTRODUCTION

Welcome to the Physical Activity Guide for Seniors!

Physical activity is **vital** for maintaining a high quality of life and independence. Becoming more physically active is recommended by many experts, including:

U.S. Surgeon General,
American Heart Association,
American Diabetes Association,
Centers for Disease Control and Prevention
and others.

Be healthy. Be active.

30 minutes a day
at least **10** minutes at a time
5 days a week

Even small increases in physical activity can improve health. Moderate physical activity, 30 minutes a day, 10 minutes at a time, 5 days a week can reduce your risk for developing disease and disability.

This guide is intended to assist older adults and providers to quickly identify available programs and special-needs activities located in your community. We hope that this guide can assist you in becoming more active!

Who We Are

This directory is the result of a 2003 survey conducted of organizations in Lexington and Richland Counties. The survey was done by the University of South Carolina Healthy Aging Research Network. The project is run through the Prevention Research Center at the Arnold School of Public Health, University of South Carolina. This effort is part of broader national efforts to learn more about physical activity programming for older adults through the Healthy Aging Research Network, sponsored by the Centers for Disease Control and Prevention, Prevention Research Centers Program.

Thanks

We would like to acknowledge contributions from Get in SHAPE Chicago and the researchers at the University of Washington for their valuable assistance with the design and the development of this directory. We also thank our Community Advisory Board for their guidance and input on this project.

ABOUT THIS PHYSICAL ACTIVITY GUIDE

- All of the information in this guide is intended for use **after** discussing physical activity with a healthcare provider. None of the material is intended to replace specific recommendations from a doctor or other healthcare provider.
- Included in this directory are the addresses, phone numbers, websites (if applicable), and activities of facilities in Lexington and Richland counties that offer physical activity programs for seniors.
- Facilities for both counties are listed alphabetically. Parks, trails, and activity related clubs are listed in a separate section after the county information. Please refer to the table of contents for overall categories.

All information is subject to change.

Please contact program sites directly
for the most current and detailed
information.

- Some facilities may provide transportation. We recommend that you call sites directly to inquire about this service.
- Inclusion of an organization in this guide does not imply endorsement. Additionally, omission of an organization is not intentional and does not negate the value of a program's contribution to the community.



**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

Adventure Carolina

1107 State St.
Cayce 29033
Telephone: 796-4505
Website:
www.adventurecarolina.com

Activities:

Canoe Trips, White Water Rafting

AMF Capitol Lanes

2601 Broad River Rd.
Columbia 29210
Telephone: 798-2444

Activities:

Bowling (Senior Leagues)

AMF Park Lanes

900 Axtell Dr.
Cayce 29033
Telephone: 796-6300

Activities:

Bowling (Groups & Senior Leagues)

Anchor Bowling Lanes

1000 Columbia Ave.
Irmo 29063
Telephone: 732-7880

Activities:

Bowling (Groups & Senior Leagues)

Andy's Fitness Center and Knight Pool

Fort Jackson
3296 Magruder Ave.
Columbia 29207
Telephone: 751-4056 Pool 751-4177
Website: www.jackson.army.mill

Activities:

Multi-Component Balance/
Resistance Program (balls,
resistance bands, aerobics),
Water Aerobics/Swimming (Knight
Pool - Pool-Lift)

Atria Forest Lake

4551 Forest Dr.
Columbia 29206
Telephone: 790-9800
Website: www.atria.com

Activities:

Balloon Volleyball (Alzheimer's
only), Chair-Based Aerobics, Horse-
shoes, Multi-component (flexibility,
weight training, aerobics), Ring
Toss, Walking Club

Balance Institute, The

1531 Augusta Rd.
West Columbia 29169
Telephone: 796-4807

Activities:

Educational Workshops, Massage
Therapy, Personal Training
(Individual Basis)



BE ACTIVE!

Batesville-Leesville Leisure Center

227 Highland Ave.
Batesburg 29006
Telephone: 532-3810
Website: www.lcrac.com

Activities:

Karate, Racquetball, "Seniors in Motion," Shag dancing, Stationary equipment, Step Aerobics, Weight training

Batesville-Leesville Senior Center

227 Highland Ave.
Batesburg 29006
Telephone: 532-3791
Website: www.lcrac.com

Activities:

Seniorcise (dynabands, freeweights, flexibility, aerobics), "Senior Sports Games," Walking program, Educational Workshops, Newsletter, Brochures

Bible Way Church of Atlas Road

2440 Atlas Rd.
Columbia 29209
Telephone: 776-2936
Website:
www.biblewaychurchatlasroad.com

Activities:

Aerobics, Calisthenics, Walking

Bishop Avenue Senior Center

6429 Bishop Ave.
Columbia 29203
Telephone: 691-1489
Website: www.seniorresourcesinc.org

Activities:

Chair-Based Aerobics, Free Weights/Resistance Bands, Educational Materials



*"You don't stop exercising because you grow old. You grow old because you stop exercising."
-Anonymous*

Blackbergs Total Gym

9600 Two Notch Rd.
Columbia 29220
Telephone: 788-2852

Activities:

Spinning (Bikes), Walking, Weight Training

Brookland United Methodist Church

541 Meeting St.
West Columbia 29169
Telephone: 791-1450
Website: www.brooklandunc.org

Activities:

Multi-component (chair-based aerobics, weights and flexibility)

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

Capital Ballroom

(formerly Fred Astaire)
2732 Devine St.
Columbia 29205
Telephone: 799-2080

Activities:

Dance (group and private lessons)

Capital Senior Center

1650 Park Cr.
Columbia 29201
Telephone: 779-1971
Website: www.csc.org

Activities:

Get up and Move,
Line Dancing, Low Impact Aerobics,
Pilates, Resistance Bands/Weight
Training Machines, Stationary Equip-
ment, Water Aerobics/Swimming,
Tai Chi, Yoga

Caughman Road Tennis Center

2800 Trotter Rd.
Hopkins 29061
Telephone: 776-3250

Activities:

Tennis

Charwood Golf Club

222 Clubhouse Dr.
West Columbia 29172
Telephone: 755-2000
Website: www.charwood.com

Activities:

Golf

Coldstream Country Club

2121 Lake Murray Blvd.
Columbia 29063
Telephone: 781-0114
Website:
www.coldstreamgolfclub.com

Activities:

Golf

Coldstream Racquet & Swim Club

2121 Lake Murray Blvd.
Columbia 29063
Telephone: 781-8330

Activities:

Adult Lessons, Free weights/Weight
Training Machines, Swimming, Tennis
(Clay and Hard Court), Adult
Leagues and Tournaments,
Newsletter

Columbia Athletic Club

4502 Forest Dr.
Forest Acres 29206
Telephone: 787-4950

Activities:

Aerobics, Multi-component (slow
and safe aerobics and strength
training), Stationary Equipment
(treadmills, etc.), Weight Training

Columbia Ballet School

2401 Devine St.
Columbia 29205
Telephone: 256-0481

Activities:

Dance, Pilates

BE ACTIVE!

Columbia East Driving Range

8041 Garners Ferry Rd.
Columbia 29209
Telephone: 695-1220

Activities:

Golf

Columbia Place

7201 Two Notch Rd.
Columbia 29223
Telephone: 788-4676

Activities:

Mall Walking Club

Columbia Tennis Center

1635 Whaley St.
Columbia 29205
Telephone: 733-8440

Activities:

Tennis (Instructors available)

Columbia YMCA

1420 Sumter St.
Columbia 29201
Telephone: 799-9187

Activities:

Aerobics, Basketball, Body Sculpting, Chair-Based Aerobics, Free Weights/Weight Training Machines, Pilates, Multi-Component Gymdandy's (aerobic, strength, and stretching), Racquetball, Stationary Equipment, Walking ("Early Riser"), Water Aerobics/Swimming, Yoga, Brochures Available

Columbiana Centre Mall

100 Columbiana Cr.
Columbia 29212
Telephone: 732-6255

Website:

www.columbianacenter.com

Activities:

Mall Walking Programs

Columbia's Ballroom Company

35 Diamond Ln.
Columbia 29210
Telephone: 750-0181

Activities:

Dance (group and private lessons)

Curves for Women

403 Chapin Rd.
Chapin 29036
Telephone: 345-9355
Website: www.curvesforwomen.com

Activities:

Multi-Component (aerobics and weight training circuit)

Dutch Square Mall

421 Bush River Rd.
Columbia 29210
Telephone: 772-3864

Activities:

Walkie Talkie Soles Club

Earlewood Neighborhood Center

1111 Parkside Dr.
Columbia 29203
Telephone: 733-8444

Activities:

Dancing

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

"A little exercise makes it (back) feel relaxed. I thought walking would make my back condition worse. But, I found it made my back feel better."

Eastminster Presbyterian Church

3200 Trenholm Rd.
Columbia 29204
Telephone: 256-1654

Activities:

Gentle Yoga, Pilates, Senior Aerobics, Stationary Equipment (elliptical trainer), Educational Materials, Brochures

Eastover Senior Center

117 Henry St.
Eastover 29044
Telephone: 353-0532

Activities:

Multi-component (chair-based aerobics, weights, flexibility, followed by walking)

Eden Gardens Of Columbia

120 Fairforest Rd.
Columbia 29212
Telephone: 781-2243
Website: www.edencare.com

Activities:

Aerobics, Chair-Based Aerobics, Chair-Based Flexibility, Chair-Based Weight Training, Mini-golf, Parachute, Multi-component (resistance bands and flexibility), Walking, Brochures

Embodiment Studio

730 Santee Ave.
Columbia 29250
Telephone: 256-2920
Website:
www.embodimentstudio.com

Activities:

Gyrotonic (flexibility and resistance bands for strength training), Personal Training, Pilates, Yoga

Family Life Center

1306 Hampton St.
Columbia 29201
Telephone: 343-8587

Activities:

Chair-Based Aerobics (Prime Times Osteoporosis), Firm It Up (multi-component: weight training and aerobic), Pilates, Walking Track

First Presbyterian Church

1324 Marion St.
Columbia 29201
Telephone: 799-9062

Activities:

Aerobics

Forest Lake Presbyterian Church

6500 N. Trenholm Rd.
Columbia 29206
Telephone: 787-5672
Website: www.flpc.org

Activities:

Aerobics (video), Walking, Brochures available

BE ACTIVE!

Gilbert-Summit Senior Center

409 Broad St.
Gilbert 29054
Telephone: 892-5745
Website: www.lcrac.com

Activities:

Chair-Based Aerobics, Chair-Based Flexibility, Free Weights/Resistance Bands, Multi-Component Seniorcise (dynabands, free weights, flexibility, aerobics), Senior Sports Games, Walking program, Educational Workshops, Monthly Calendar of Activities, Blood Pressure Screenings

Golden Hills Gold and Country Club

100 Scotland Dr.
Lexington 29072
Telephone: 957-3355
Website: www.goldenhills.com

Activities:

Golf (Senior Association)

Gold's Gym

619 North Lake Dr.
Lexington 29072
Telephone: 359-6100
Website: www.goldsgym.com

Activities:

Aerobics, Pilates, Weight Training, Yoga

Grace United Methodist Church

410 Harbison Blvd.
Columbia 29212
Telephone: 732-1899
Website: www.gracecolumbia.org

Activities:

Yoga

Granby Fitness

1505 Charleston Hwy.
West Columbia 29169
Telephone: 794-1421

Activities:

Stationary Equipment, Walking, Weight Training

Greater St. Luke Baptist Church, The

5228 Farrow Rd.
Columbia 29203
Telephone: 754-6000

Activities:

Aerobics (low impact), Respect Yourself Fitness (multi-component), Educational Materials/Brochures available

Greenview Neighborhood Center

6700 Gavilian Rd.
Columbia 29203
Telephone: 754-5223

Activities:

Greenview Fitness (aerobics), Greenview Senior Fitness (chair-based multi-component program)



"I think exercise will make the bodies of seniors like us stronger..."

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

Hampton Hill Athletic Club

5910 Garners Ferry Rd.

Columbia 29209

Telephone: 776-8780

Website: www.hamptonhill.com

Activities:

Aerobics, Body Pump (weight training), Pilates, Stationary Equipment, Walking, Yoga

Harbison Recreation Center

106 Hillpine Rd.

Columbia 29212

Telephone: 781-2281

Website:

www.harbisoncommunity.com

Activities:

Basketball, Stationary Equipment, Tennis, Water Aerobics/Swimming (Pool Lift), Brochures available

Hidden Valley Golf Club

147 Excaliber Ct.

Gaston 29053

Telephone: 794-8087

Activities:

Golf (Senior Leagues)

Hopkins Park Senior Center

6940 Lower Richland Blvd.

Hopkins 29061

Telephone: 776-2778

Activities:

Flexibility, Free Weights/Resistance Bands, Hand Weights, Praise-Dancing, Senior Aerobics, Walking, Educational Materials

Hyatt Neighborhood Center

950 Jackson Ave.

Columbia 29203

Telephone: 733-8445

Activities:

Multi-Component Program - Aerobics Expressions (weights and aerobics)

Indian River Gold Club

200 Indian River Dr.

West Columbia 29170

Telephone: 955-0080

Activities:

Golf

Ladies Choice Fitness Center

736 St. Andrew's Rd.

Columbia 29210

Telephone: 798-8783

Website: www.ladieschoicefitness.com

Activities:

Aerobics, Flexibility/Stretching, Free Weights/Weight Training Machines, Multi-Component (aerobics, strength, flexibility), Pilates, Stationary Equipment, Walking

Lexington County Tennis Complex

425 Oak Dr.

Lexington 29073

Telephone: 957-7676

Website:

www.lcrac.com/tenniscomplex.htm

Activities:

Tennis (Senior League, Tournaments, State Senior Games, Lexington Senior Games, Age Divisions), Tennis Instruction

BE ACTIVE!

Lexington Leisure Center

108 Park Rd.
Lexington 29072
Telephone: 957-7828
Website: www.lcrac.com

Activities:

Aerobics, Chair-Based Aerobics, Chair-Based Flexibility, Pilates, Seniorcise (free weights, dynabands, aerobics), Stationary Equipment, Walking, Weight Training, Yoga

Lexington Medical Center - Health Directions

2720 Sunset Blvd.
West Columbia 29169
Telephone: 791-2113
Website: www.lexmed.com

Activities:

Aerobics, Free Weights/Resistance Bands, Multi-component Programs, Yoga

Lexington Senior Center

108 Park Rd.
Lexington 29072
Telephone: 957-7979
Website: www.lcrac.com

Activities:

Seniorcise (dynabands, freeweights, flexibility, aerobics), Senior Sports Games, Walking program, Educational Workshops, Newsletter, Brochures

Linrick Golf Course

356 Camp Ground Rd.
Columbia 29203
Telephone: 754-6331
Website:
www.richlandcountyrecreation.com

Activities:

Golf

Lowman Home

2101 Dutch Fork Rd.
White Rock 29177
Telephone: 732-8800

Activities:

Chair-Based Aerobics and Strengthening, Flexibility/Stretching (with balls), State Awarded Physical Activity - "Placemat" program

Ly-Ben Christian Dance Theatre

3315 Broad River Rd.
Columbia 29218
Telephone: 772-1462
African Dance, Chair-Based Aerobics (Seatwork's), Modern Dance, Tap Dance

M.L. King Neighborhood Center

2300 Greene St.
Columbia 29205
Telephone: 733-8452

Activities:

Walking



"It [dance] cures every disease."

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

Mind-Body Health

1407 Cherokee Dr.
West Columbia 29169
Telephone: 739-8701

Activities:

Yoga for Arthritis, Chronic Illness,
Menopause, Osteoporosis

Mount Zion Baptist Church

1908 Wilkinson St.
Cayce 29033
Telephone: 796-6776
Website: www.mtzionofkc.org

Activities:

Men's Fellowship - basketball, Weight
Training, Weights, Women's Fitness

Mt. Tabor Lutheran Church

1000 B Ave.
West Columbia 29169
Telephone: 796-5948

Activities:

Aerobics, Light Exercise Program

New Ebenezer Baptist Church

1236 Gregg St.
Columbia 29201
Telephone: 256-3772.

Activities:

Stationary Equipment (treadmills)

New Life Fitness World

7000 St. Andrew's Rd.
Columbia 29212
Telephone: 732-9000
Website:
www.mindbodyhealth.us.com

New Life Fitness World continued:

Activities:

Aerobics, Large Selection Stationary
Equipment, Pilates, Swimming, Walk-
ing, Water Aerobics, Weight Training,
Yoga

New Life Fitness World

8911 Two Notch Rd.
Columbia 29223
Telephone: 736-9000

Activities:

Aerobics, Stationary Equipment,
Walking, Water Aerobics, Weight
Training, Pilates, Yoga

North Trenholm Baptist Church

6515 N. Trenholm Rd.
Forest Acres 29206
Telephone: 787-2133
Website: www.ntbc.org

Activities:

Aerobics



BE ACTIVE!

Northside Baptist Church

1303 Sunset Blvd.
West Columbia 29169
Telephone: 796-9786
Website: www.northsidebaptist.org

Activities:

Aerobics, Basketball, Paul's Walking Ministry

Northwoods Golf Club

201 Powell Rd.
Columbia 29203
Telephone: 786-9242

Activities:

Golf

Oak Read Senior Citizens Center

2211 Read St.
Columbia 29204
Telephone: 254-1096

Activities:

Flexibility/Stretching

Palmetto Baptist Medical - PrimeTimes

Taylor St. at Marion St.
Columbia 29220
Telephone: 296-5978

Activities:

Low Impact Aerobics, Osteoporosis Class, Zoo Walkers

Palmetto Senior Care

5 Richland Medical Park Dr.
Columbia 29203
Telephone: 434-3770

Activities:

Water Aerobics, Multi-Component (aerobics, flexibility, stretching), Educational Materials available

Palmetto Senior Care/Capital Senior Center Partnership

5 Richland Medical Park Dr.
Columbia 29203
Telephone: 434-1666

Activities:

Pilates, Low Impact Aerobics, Water Walking, Water Aerobics

Pelion Senior Center

210 Pine St.
Pelion 29123
Telephone: 894-4351
Website: www.lcrac.com

Activities:

Chair-Based Aerobics, Chair-Based Flexibility, Free Weights/Resistance Bands, Multi-Component Seniorcise (dynabands, freeweights, flexibility, aerobics), Senior Sports Games, Walking program, Educational Workshops, Monthly Calendar of Activities

“I think that exercise get(s) to be a part of you, especially when you do it all the time. You look forward to doing it.”

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

Pine Ridge Senior Center

1202 Fish Hatchery Rd.
West Columbia 29172
Telephone: 755-1274
Website: www.lcrac.com

Activities:

Chair-Based Aerobics, Chair-Based Flexibility, Free Weights/Resistance Bands, Multi-Component Seniorcise (dynabands, freeweights, flexibility, aerobics), Educational Workshops

Progressive Church of the Lord Jesus Christ

2222-24 Barhamville Rd.
Columbia 29204
Telephone: 254-6106
Website:
www.progressivechurch.org

Activities:

Aerobics, Stationary Equipment (bike, treadmill, stairclimber, wind-bike), Weight Training

Providence Hospital - Senior Friends

2435 Forest Dr.
Columbia 29204
Telephone: 256-5955
Website: www.seniorfriends.org,
www.provhosp.com

Activities:

T'ai Chi, Yoga, Educational Materials (Newsletter)

Rice Benzie T Home

100 Finley Rd.
Columbia 29203
Telephone: 691-5720
Website:
www.lutheranhomessc.com

Activities:

Chair-Based Aerobics, Stationary Equipment, Walking (outdoor), Weight Training, T'ai Chi

Richland County Adult Activity Center

7494 Parklane Rd.
Columbia 29223
Telephone: 462-9995

Activities:

Aerobics, Free Weights/Weight Training Machines, Game Club (cards and games), Line Dancing, Stationary Equipment, T'ai Chi, Yoga

Richland County Tennis Center

7500 Parklane Rd.
Columbia 29223
Telephone: 788-3001

Activities:

Tennis



BE ACTIVE!

Royal Z-Lanes Spring Valley

8512 Two Notch Rd.

Columbia 29223

Telephone: 788-9208

Activities:

Bowling (Groups and Senior Leagues)

Seven Oaks Community Center and Park (Irmo Chapin SCC)

200 Leisure Ln.

Columbia 29210

Telephone: 772-3336

Website: www.icrc.net

Activities:

Aerobics, Body Sculpting, Dancing, Free Weights/ Weight Training Machines, Jazzercise, Multi-Component (aerobics, weights), Pilates, Sitting and Standing Aerobics, Tennis, Walking Trails, Yoga

Shandon Presbyterian Church

607 Woodrow St.

Columbia 29205

Telephone: 771-4408

Website: www.shandonpres.org

Activities:

Aerobics, Yoga, Educational Materials available

Shepherd Center of Columbia

3401 Trenholm Rd.

Columbia 29204

Telephone: 779-4449

Activities:

Chair-based "Easy Exercise" Flexibility/Stretching, Line Dancing, Educational Workshops

Shepherd Center of Eau Claire, Antioch Baptist Church

5715 Koon Rd.

Columbia 29203

Telephone: 786-0119

Activities:

Aerobics, Dancing, Stationary Equipment (bikes), Walking, Educational Workshops, Brochures available

Southern Strutt

90 Ashbourne Rd.

Irmo 29063

Telephone: 781-3980

Activities:

Adult Jazz Dance

Specialized Fitness

2100 N. Beltline Blvd.

Columbia 29204

Telephone: 782-2202

Activities:

Pilates, Weight Training, Yoga

"If I don't do exercise, it hurts. I see that some senior people in my neighborhood complain about their pain. But, if they do not exercise, it will hurt more."

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

St. Joseph's Catholic Church

3512 Devine St.
Columbia 29205
Telephone: 254-7646

Activities:

Line Dancing

Stronghold Athletic Club

925 1/2 Huger St.
Columbia 29201
Telephone: 256-9001
Website:
www.strongholdathletic.com

Activities:

Aerobics, Kick boxing, Multi-component (yoga, pilates, dance, body sculpt), Rock climbing, Stationary Equipment, Step Aerobics, Weight Training (body sculpting), Yoga, Brochures available

Swansea Senior Center

197 N. Lawrence St.
Swansea 29160
Telephone: 568-4545
Website: www.lcrac.com

Activities:

Seniorcise (dynabands, freeweights, flexibility, aerobics), Senior Sports Games, Walking program, Educational Workshops, Newsletter, Brochures

Tennis Club and Courts, The - Plantation Club At Long Creek

730 Longtown Rd. W.
Blythewood 29016
Telephone: 754-1715
Website: www.windermereclub.com

Activities:

Tennis (Senior League)

Three Rivers Baptist Church

7452 Broad River Rd.
Irmo 29063
Telephone: 781-2293
Website: www.3rbc.com

Activities:

Multi-component (weights and aerobics)

Timberlake Plantation

284 Club Dr.
Chapin 29036
Telephone: 345-9909

Activities:

Golf (Adult Clinics)



BE ACTIVE!

Topspin Racquet & Swim Club

5347 Sunset Blvd.

Lexington 29072

Telephone: 951-8851

Website: www.topspinrsc.com

Activities:

Tennis (Clinics and League Play),
Men's Night Social

Total Life Center

2001 Laurel St.

Columbia 29204

Telephone: 255-7275

Activities:

Pilates, Stationary Equipment, Walk-
ing, Weight Training, Yoga

Trenholm Road United Methodist Church

3401 Trenholm Rd.

Columbia 29204

Telephone: 254-6695

Activities:

Low-Impact Aerobics, Also listed
with Palmetto Baptist - Primetimes

Tri-City Leisure Center

700 Dreher Rd.

West Columbia 29169

Telephone: 939-9309

Website: www.lcrac.com

Activities:

Aerobics, Indoor Walking Track,
Jazzercise, Karate, Pilates, Racquet-
ball, Stationary Equipment, Step Ex-
ercises, Weight Training, Yoga



Tri-City Senior Center

700 Dreher Rd.

West Columbia 29169

Telephone: 939-9311

Website: www.lcrac.com

Activities:

Aerobics, Chair-Based Aerobics,
Indoor walking track, Pilates,
Stationary Equipment (bikes,
treadmills, steppers), Senior Sports
Games, Senior Strength Training,
Weight Training, Yoga

Trinity United Methodist — Christian Life Center

155 Blythewood Rd.

Blythewood 29016

786-7080

Activities:

Aerobics, Basketball, Dancing, Free
Weights, Seniorcise (walking, aero-
bics, free weights), Walking

*"It makes
you want
to go and
keeps you
living. I
mean it
keeps you
going. It
makes
you feel
like you
can do it."*

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK



Waterford at Columbia, The

9370 Windsor Lake Blvd.

Columbia 29223

Telephone: 699-1121

Website:

www.capitalseniorliving.com

Activities:

Senior Fitness (stretching, chair-based), Walking Club, Yoga

Wolf's Fitness Center

5432 Augusta Rd.

Lexington 29072

Telephone: 356-6400

Activities:

Aerobics, Multi-Component (aerobic and weight training), Pilates, Stationary Equipment, Weight Training

YMCA Columbia Northwest

1501 Kennerly Rd.

Irmo 29063

Telephone: 407-8007

Website: www.columbiaymca.org

Activities:

Aerobics, Body Bar, Body Sculpt, Cycling, Multi-Component Gym-dandy's (aerobic, strength, and stretching), Water Aerobics/Swimming (Pool Lift), Step, Women on Weights, Yoga

Yoga & Wellness Center of Columbia

2740 Devine St.

Columbia 29205

Telephone: 765-2159

Website:

www.yogaandwellness.com

Activities:

Yoga, Meditation, Wellness Workshops

Yoga I, Inc.

3128 Carlisle St.

Columbia 29205

Telephone: 254-6121

Website: www.yogaone.com

Activities:

Therapeutic Yoga

Parks, Trails, Clubs

For a complete listing of parks visit www.sciway3.net/outdoors/

Bluff Road Park

148 Carswell Rd.

Columbia 29209

Telephone: 776-8698

Website:

www.richlandcountyrecreation.com

Activities:

Aerobics (Low to medium impact), Chair-Based Aerobics, Line Dancing, Walking, Game Plan (Richland County Recreation Commission Activity Program Guide)

BE ACTIVE!

Blythewood Park

126 Boney Rd.
Blythewood 29016
Telephone: 691-9786

Activities:

Stationary Equipment, Weight Training Machines

Carolina Cyclers

PO Box 11163
Columbia 29211
Telephone: 765-1268

Website:

www.biketonature.com/links.html

Activities:

Club Bicycle Rides

Forest Lake Park

6820 Wedgefield Rd.
Columbia 29223
Telephone: 787-5000

Website:

www.richlandcountyrecreation.com

Activities:

Basketball, Dancing, Low Impact Aerobics, Square, Yoga

Hopkins Park

150 Hopkins Park Rd.
Hopkins 29061
Telephone: 783-9374

Website:

www.richlandcountyrecreation.com

Activities:

Stationary Equipment, Walking, Free Weights/Weight Training Machines, Wing Chun Kung Fu, Game Plan Program Guide

Killian Park

1424 Marthan Rd.
Columbia 29016
Telephone: 754-7980

Website:

www.richlandcountyrecreation.com

Activities:

Aerobics, Game Plan Program Guide

Pacific Park

200 Wayne St.
Columbia 29201
Telephone: 733-8228

Activities:

Multi-Component (chair-based aerobics, stretching), Walking

Polo Road Park

730 Polo Rd.
Columbia 29223
Telephone: 736-1657

Website:

www.richlandcountyrecreation.com

Activities:

Aerobics, Senior Club (social, dinners, trips), Yoga

St. Andrews Park

920 Beatty Rd.
Columbia 29210
Telephone: 772-6598

Website:

www.richlandcountyrecreation.com

Activities:

Chair-Based Aerobics, Walking, Game Plan Program Guide

"...just the fact of coming to these programs for seniors. Just getting on the bus we feel happier, good, that we are going to start talking with our friends."

Be active. Be healthy.



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