

# Physical Activity Directory for Older Adults

An Activity Directory for Residents of Richland and  
Lexington County



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

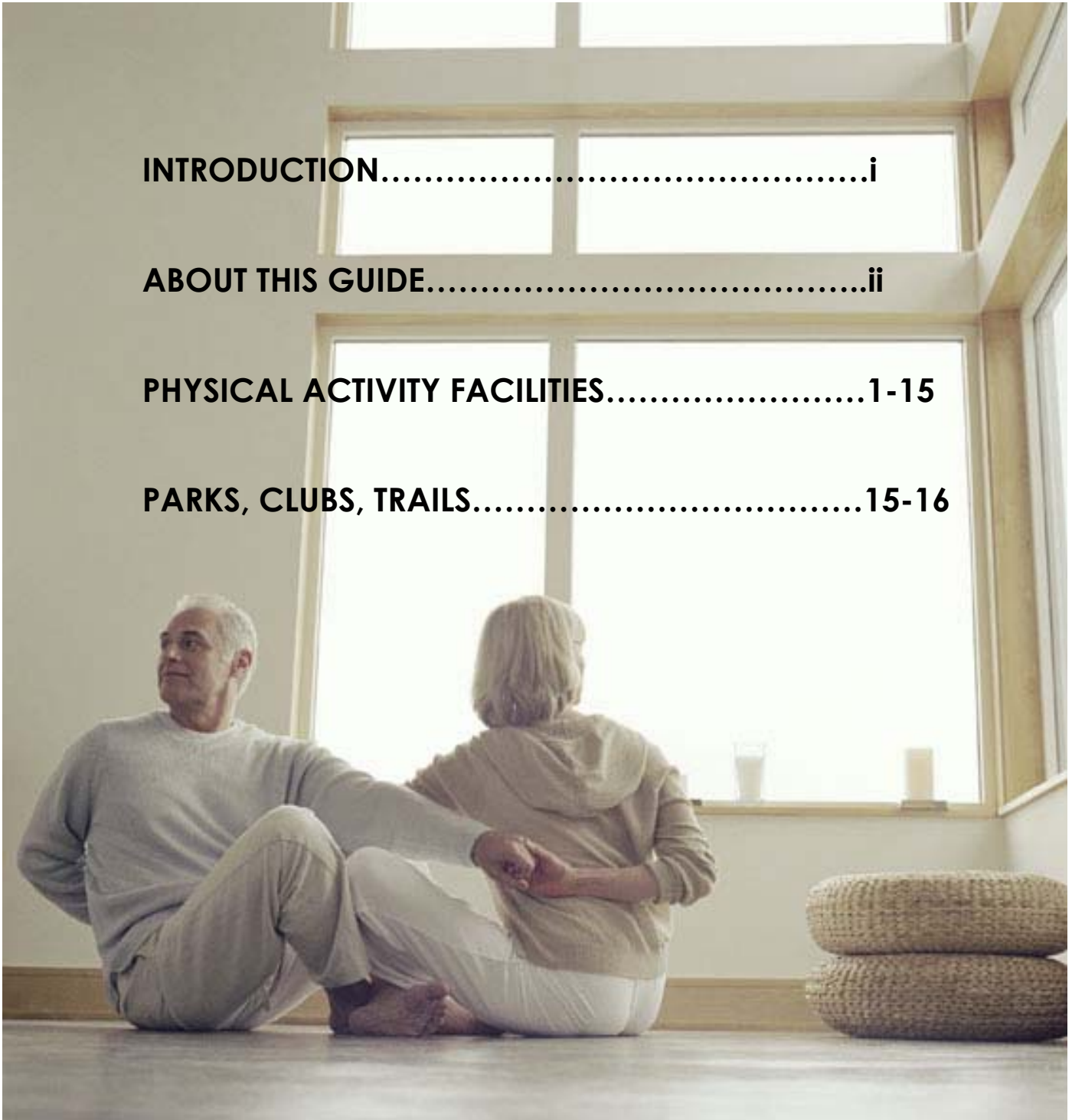
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# INTRODUCTION

## 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](http://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](http://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](http://www.biblewaychurchatlasroad.com)

### **Activities:**

Aerobics, Calisthenics, Walking

## **Bishop Avenue Senior Center**

6429 Bishop Ave.  
Columbia 29203  
Telephone: 691-1489  
Website: [www.seniorresourcesinc.org](http://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](http://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

*"It means to me, to keep myself active, to keep my body, my bones and everything working like they should be and like I want them to be. And I feel so much better after exercising. Keeps me young."*



### **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](http://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](http://www.charwood.com)

#### **Activities:**

Golf

### **Coldstream Country Club**

2121 Lake Murray Blvd.  
Columbia 29063  
Telephone: 781-0114  
Website:  
[www.coldstreamgolfclub.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.goldenhills.com)

### **Activities:**

Golf (Senior Association)

## **Gold's Gym**

619 North Lake Dr.  
Lexington 29072  
Telephone: 359-6100  
Website: [www.goldsgym.com](http://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](http://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](http://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](http://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](http://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](http://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](http://www.lcrac.com)

### Activities:

Aerobics, Chair-Based Aerobics, Chair-Based Flexibility, Pilates, Sen-iorcise (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](http://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](http://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](http://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  
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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](http://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](http://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](http://www.ntbc.org)

### **Activities:**

Aerobics



# BE ACTIVE!

## **Northside Baptist Church**

1303 Sunset Blvd.  
West Columbia 29169  
Telephone: 796-9786  
Website: [www.northsidebaptist.org](http://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 Health Geriatrics Services**

### **Healthy Aging Program Initiative (HAPI)**

15 Richland Medical Park Dr.,  
Suite 203  
Columbia 29203

Telephone: 434-1666

### **Activities:**

Pilates, Low Impact Aerobics, Aquatics (water aerobics and water walking/running), Educational Materials/Speakers' Bureau, Tai Chi, Yoga, Power Walking

## **Pelion Senior Center**

210 Pine St.  
Pelion 29123  
Telephone: 894-4351  
Website: [www.lcrac.com](http://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](http://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](http://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](http://www.seniorfriends.org),  
[www.provhosp.com](http://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](http://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](http://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](http://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."***

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## **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](http://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](http://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](http://www.windermereclub.com)

### **Activities:**

Tennis (Senior League)

## **Three Rivers Baptist Church**

7452 Broad River Rd.  
Irmo 29063  
Telephone: 781-2293  
Website: [www.3rbc.com](http://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](http://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](http://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](http://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](http://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](http://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](http://www.yogaandwellness.com)

### **Activities:**

Yoga, Meditation, Wellness Workshops

## **Yoga I, Inc.**

3128 Carlisle St.

Columbia 29205

Telephone: 254-6121

Website: [www.yogaone.com](http://www.yogaone.com)

### **Activities:**

Therapeutic Yoga

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## **Parks, Trails, Clubs**

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*For a complete listing of parks visit [www.sciway3.net/outdoors/](http://www.sciway3.net/outdoors/)*

## **Bluff Road Park**

148 Carswell Rd.

Columbia 29209

Telephone: 776-8698

Website:

[www.richlandcountyrecreation.com](http://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](http://www.biketonature.com/links.html)

### **Activities:**

Club Bicycle Rides

## **Forest Lake Park**

6820 Wedgefield Rd.  
Columbia 29223  
Telephone: 787-5000

### **Website:**

[www.richlandcountyrecreation.com](http://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](http://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](http://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](http://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](http://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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