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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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.

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.
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.

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.
BE HEALTHY!

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.mil
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

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)

“You don’t stop exercising because you grow old. You grow old because you stop exercising.” -Anonymous
BE HEALTHY!

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

“...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
Activities:
Get up and Move,
Line Dancing, Low Impact Aerobics,
Pilates, Resistance Bands/Weight Training Machines, Stationary Equipment, Water Aerobics/Swimming,
T'ai 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
“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

Embodyment Studio
730 Santee Ave.
Columbia  29250
Telephone: 256-2920
Website: www.embodymentstudio.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

**Grace United Methodist Church**
410 Harbison Blvd.
Columbia 29212
Telephone: 732-1899
Website: www.gracecolumbia.org
**Activities:**
Yoga

**Golden Hills Gold and Country Club**
100 Scotland Dr.
Lexington 29072
Telephone: 957-3355
Website: www.goldenhills.com
**Activities:**
Golf (Senior Association)

**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

**Gold’s Gym**
619 North Lake Dr.
Lexington 29072
Telephone: 359-6100
Website: www.goldsgym.com
**Activities:**
Aerobics, Pilates, Weight Training, Yoga

**Granby Fitness**
1505 Charleston Hwy.
West Columbia 29169
Telephone: 794-1421
**Activities:**
Stationary Equipment, Walking, Weight Training

**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...”
BE HEALTHY!

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.”
BE HEALTHY!

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

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

New Life Fitness World continued:

Activities:
Aerobics, Large Selection Stationary Equipment, Pilates, Swimming, Walking, Water Aerobics, Weight Training, Yoga

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

Activities:
Aerobics
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 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
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.”
BE HEALTHY!

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.lcrae.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)

**Shepherd Center of Columbia**  
3401 Trenholm Rd.  
Columbia 29204  
Telephone: 779-4449  
**Activities:**  
Chair-based “Easy Exercise” Flexibility/Stretching, Line Dancing, Educational Workshops

**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

**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

**Shandon Presbyterian Church**  
607 Woodrow St.  
Columbia 29205  
Telephone: 771-4408  
Website: www.shandonpres.org  
**Activities:**  
Aerobics, Yoga, Educational Materials available

**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.”
BE HEALTHY!

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.topspinnsc.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, Walking, 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, Racquetball, Stationary Equipment, Step Exercises, 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, aerobics, 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.”
BE HEALTHY!

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 Gymbandy'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

Yoga I, Inc.
3128 Carlisle St.
Columbia  29205
Telephone: 254-6121
Website: www.yogaone.com
Activities:
Therapeutic Yoga

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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