UNITY EXERCISE CLASSES

UNITY
Presbyterian Church (USA)

Fitness Class: 11:15am- 12:15pm ($5 per class)
In the Fellowship Hall, led by Penny Pierce.
Bring a mat, small hand weights (<5lbs.), water bottle and stretch band.
For more information and to receive updates, contact Beverly Tysinger at cyclistmom@comporium.net, or text 803.372.7988.

Yoga for Parkinson's: 2:00pm- 3:00pm (free of charge)
In the Fellowship Hall, led by Aminta St. Onge
For more information and to receive updates, contact Aminta aminta@yogavibez.com.

Tuesdays

Beginning Yoga: 10:00am-11:00am ($5 per class)
In the Historic Sanctuary, led by Lori Bisser.
Bring a mat.
For more information and to receive updates, contact Beverly Tysinger at cyclistmom@comporium.net, or text 8033.372.7988.

Yoga Tools for Parkinson's Caregivers 1:30pm-3:00pm (free of charge)
In Fellowship Hall, led by Aminta St. Onge
This class is for caregivers of people with Parkinson's.
For more information email Aminta aminta@yogavibez.com.

Wednesdays

Rhythm and Moves (Dance): 9:30am-10:20am ($5 per class)
In the Historic Sanctuary, led by Susan Benfield
This class is a combination of NIA (Neuromuscular Integrative Action) and easy line dances. *For more information and to receive updates, contact* Susan Benfield at sbenfield@comporium.net or text at 803-984-6100.

Line Dance: 10:30am-11:30am ($5 per class)
In the Historic Sanctuary, led by Susan Benfield.
This class is for dancers with some experience. *For more information and to receive updates, contact* Susan Benfield at sbenfield@comporium.net or text at 803-984-6100.

Unity Hikers: 10:00am (free of charge)
This group hikes in a variety of places in and around Fort Mill. Hikes will resume in Spring 2027.
For more information, contact Mike Brown at 803.372.7550.

Thursdays

Fitness Class: 11:15am- 12:15pm ($5 per class)
In the Fellowship Hall, led by Penny Pierce.
Bring a mat, small hand weights (<5lbs.), water bottle and stretch band.
For more information and to receive updates, contact Beverly Tysinger at cyclistmom@comporium.net, or text 803.372.7988.

Fridays

Bare Your Sole: Balance, Strength, and Stretch Class (12:00 pm - 1:00pm) ($5 per class)
In the Historic Sanctuary, led by Denise Tesh Evans, Bring a mat.
For more information and to receive updates, contact Don Rice wdonrice@gmail.com 704-743-8755.

Other Events:

Walking Challenge: Spring 2027: Dates to be announced
We walked! Collectively, We Walked "Around the World" in 3 months in 2021. We will do a Walking Challenge again in 2027. Get ready, start walking today!