



HAPPY NEW YEAR!

NERF WARS

Get ready for an exciting Nerf battle at the KG Gymnastics Center!
We'll supply the darts and eyewear—just bring your favorite Nerf gun.

Ages 5–8 | 5:00 PM – 6:30 PM

Ages 9 & up | 7:00 PM – 8:30 PM

\$10 per person (includes a slice of pizza + a drink)

Register today: <https://secure.rec1.com/VA/king-george-va/catalog>



TOT TIME

Returns Friday, January 9th!!

Bring your tots and enjoy meeting other parents and caregivers in
our community, all while having fun with your child!

Fridays

10:30 AM – 12:00 PM

Citizens Center

Ages 0–6 years old

\$3 for the first child

\$1 each additional child



FREDERICKSBURG REGIONAL FOOD BANK MOBILE PANTRY

Now the THIRD Tuesday of each month

Tuesday, Jan. 20th

11:00 AM – 12:00 PM

Citizens Center Parking Lot

The Fredericksburg Regional Food Bank helps to provide nutritious
food to over 35,000 people through our network of 159 community
partners operating more than 250 food assistance programs.

For more information about the Fredericksburg Regional Food Bank,
visit: <https://fredfood.org> or call (540)371-7666.



CONTACT US

YOUTH & ADULT ISSHINRYU KARATE

Tuesdays & Thursdays | Jan. 6th – March 12th

Registration Deadline: Jan. 5th

This program is for students interested in learning a martial art that emphasizes quality training, personal safety, and skill mastery. Proven self-defense techniques that build character, self-esteem, self-control & confidence!

To register, visit <https://secure.rec1.com/VA/king-george-va/catalog>



CHEER

Wednesdays | Jan. 14th – March 4th

Registration Deadline: Jan. 8th

Your athlete will learn the basics of cheer: motions, jumps, cheer voice, tumbling, and strength-building drills. We'll even introduce stunting!

Pee Wee Cheer | Ages 4-5

Cheer, Jump & Stunt | Ages 6-18

To register, visit <https://secure.rec1.com/VA/king-george-va/catalog>



GYMNASTICS

Classes begin the week of Jan. 12th

Registration Deadline: Jan. 8th

Gymnastics builds strength, flexibility, coordination, and balance, increasing self-esteem, building social skills, learning to make positive choices, and respecting others in their lives. Classes are available for children of all ages from 6 months to 18 years old. The session will run for 8 weeks.

To register, visit <https://secure.rec1.com/VA/king-george-va/catalog>



TUMBLING

Wednesdays | Jan. 14th – March 4th

Registration Deadline: Jan. 8th

This program focuses on tumbling skills, strength, and flexibility using the floor and mats. These fundamentals will physically develop coordination, flexibility, balance, and endurance.

Beginner Tumbling | Ages 5-10

Advanced Cheer Tumbling | Ages 9-18

To register, visit <https://secure.rec1.com/VA/king-george-va/catalog>



CONTACT US

WEEKLY & BI-WEEKLY EXERCISE CLASSES

King George Parks and Recreation offers multiple weekly and bi-weekly exercise classes.
Come and get fit with us at the Citizens Center!



LINE DANCE

Ready to boot, scoot, and boogie?

Mondays with Charlie Burrell
6:30 PM - 8:00 PM
\$5 per class

Thursdays with Bonnie Taylor
11:30 AM - 12:30 PM
\$5 per class



TAI CHI

WITH LINDA KLINE & PHYLLIS COOK

Gentle, flowing movements for strength, balance & relaxation. Tai Chi can help reduce pain, lower blood pressure, and improve flexibility.

Mondays & Thursdays
4:00 PM - 5:00 PM
\$25 per month or \$5 per class



YOGA & MEDITATION

WITH AUBREY OF THE FOLIAGE PHARM

Promotes balance and strength throughout the entire body.

Tuesdays
5:30 PM - 6:30 PM
\$5 per class



ZUMBA FITNESS

WITH DEBBIE OF KG ZUMBA ZONE

Great dynamic core workout | Easy learning environment
Weight loss | Positive self-image | Exercise in disguise

Wednesdays
6:00 PM - 7:00 PM
\$5 per class

CONTACT US

SENIOR PROGRAMS

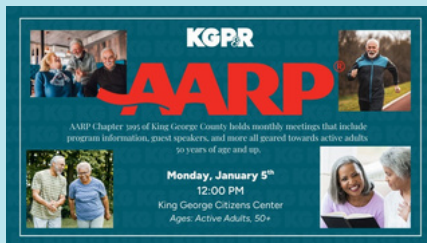
King George Parks and Recreation offers multiple programs for active adults 50+.
Come and get involved at the Citizens Center!



ACTIVE ADULTS (55+) CARDS & GAMES CLUB

Bridge, poker, canasta, euchre, bunco, and more! Come out and join in on the fun. Whether you are an experienced player or just learning, we have a table right for you.

Tuesdays & Thursdays
1:00 PM - 4:00 PM
King George Citizens Center
FREE!



AARP MONTHLY MEETING

AARP Chapter 3195 of King George County holds monthly meetings that include program information, guest speakers, and more, all geared towards active adults 50 years of age and up.

Monday, January 5th
12:00 PM
King George Citizens Center

For more information about the King George Chapter of AARP, visit: <https://local.aarp.org/king-george-va/>



FUNCTIONAL FITNESS - NEW SESSION! WITH PAULA VAN ALSTINE

Join us for a six-class fitness program designed to boost your cardiovascular health, strengthen your bones, and improve your overall well-being!

Thursdays | Jan. 22 - Feb. 26
10:00 AM - 11:00 AM
\$35 for the full session



HEALTHY GENERATIONS SENIOR CAFES

Senior Cafes provide nutritional, social, recreational, and physical activities in addition to transportation, shopping, and events. For more information on eligibility or to schedule a visit to a cafe, please contact HGAAA at (540)371-3375.

Tuesdays, Wednesdays, and Fridays
10:00 AM - 2:00 PM
King George Citizens Center
Age: Seniors

CONTACT US