

Spartanburg County



Spartanburg County offers a variety of fitness classes for employees and retirees at little or no cost. Find the class that's right for you.

Walking Group

Location: VCOM Walking Trail

Date and Time: Mondays 12:00pm

Description: Participants will meet at the back of the Administration Building and walk over to the VCOM walking trail. The total walking distance is 2 miles.

Rail Trail

Location: E Henry Street and Union Street

Date and Time: Mondays 5:30pm

Description: A 3.25 mile paved trail through downtown Spartanburg.

Stretching Classes

Location: Environmental Enforcement (Conference Room)

Sheriff's Office (Training Room)

Community Services Building (Parks and Rec Training Room)

Date and Time: (EE) Wednesdays 4:00-4:30pm

(SO) Wednesdays 5:00pm-5:45pm

(CSB) Thursdays 12:00pm-12:30pm

Description: The class includes gentle stretching, beginner chair yoga, and balance training.

Meditation Classes

Location: Community Services Building (Parks and Rec Training Room)

Administration Building (Conference Room 6)

Date and Time: (CSB) Wednesdays 7:45am-8:15am

(AB) Thursdays 7:30am-8:00am

Description: Follow along to a guided meditation class that focuses on deep breathing and stress relief.

For more information call 864-598-7055