

ADULT

HILLIARD HIKES

Join this weekly hike and stay active. Meet on Wednesday mornings at 9:45 a.m. and walk from 10-11 a.m. Dress for the weather. In case of inclement weather, check the weather line for cancellations. 614-334-2598, option#2.

Location: Various
Cost: Free
Ages: 18 and older

Location	Date	Time
Hilliard Senior Center	May 1	9:45-11 a.m.
Prairie Oaks Metro Park	May 8	9:45-11 a.m.
Hilliard's Station Park	May 15	9:45-11 a.m.
Quarry Trail Metro Park	May 22	9:45-11 a.m.
Homestead Metro Park	May 29	9:45-11 a.m.
Hilliard Senior Center	June 5	9:45-11 a.m.
Prairie Oaks Metro Park	June 12	9:45-11 a.m.
Quarry Trail Metro Park	June 26	9:45-11 a.m.
Prairie Oaks Metro Park	July 10	9:45-11 a.m.
Hilliard's Station Park	July 17	9:45-11 a.m.
Quarry Trail Metro Park	July 24	9:45-11 a.m.
Homestead Metro Park	July 31	9:45-11 a.m.
Hilliard Senior Center	Aug. 7	9:45-11 a.m.
Prairie Oaks Metro Park	Aug. 14	9:45-11 a.m.
Hilliard's Station Park	Aug. 21	9:45-11 a.m.
Quarry Trail Metro Park	Aug. 28	9:45-11 a.m.

MOTIVATION AT THE STATION YOGA

A challenging yet relaxing vinyasa flow outside at Hilliard's Station Park. In case of inclement weather, check the weather line for cancellations: 614-334-2598, option # 2.

Duration: 1 session
Location: Hilliard's Station Park
Cost: Free
Ages: 13 and older

Instructor: Mat Happy Yoga

Activity No.	Date	Time	Day(s)
3350402 01	June 1	8-8:50 a.m.	Sat
3350402 02	June 8	8-8:50 a.m.	Sat
3350402 03	June 15	8-8:50 a.m.	Sat
3350402 04	June 22	8-8:50 a.m.	Sat
3350402 05	June 29	8-8:50 a.m.	Sat
3350402 06	July 13	8-8:50 a.m.	Sat

Instructor: Alive MVMT

Activity No.	Date	Time	Day(s)
3350402 07	July 20	8-8:50 a.m.	Sat
3350402 08	July 27	8-8:50 a.m.	Sat
3350402 09	Aug. 3	8-8:50 a.m.	Sat
3350402 10	Aug. 10	8-8:50 a.m.	Sat
3350402 11	Aug. 17	8-8:50 a.m.	Sat
3350402 12	Aug. 24	8-8:50 a.m.	Sat
3350402 13	Aug. 31	8-8:50 a.m.	Sat
3350402 14	Sept. 14	8-8:50 a.m.	Sat
3350402 15	Sept. 21	8-8:50 a.m.	Sat
3350402 16	Sept. 28	8-8:50 a.m.	Sat

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MOTIVATION AT THE STATION STRENGTH TRAINING

A full-body functional strength training class outside at Hilliard's Station Park. In case of inclement weather, check the weather line for cancellations: 614-334-2598, option 2.

Duration: 1 session
Location: Hilliard's Station Park
Cost: Free
Ages: 13 and older

Instructor: Blueprint Health and Fitness

Activity No.	Date	Time	Day(s)
3350403 01	June 1	7-7:50 a.m.	Sat
3350403 02	June 8	7-7:50 a.m.	Sat
3350403 03	June 15	7-7:50 a.m.	Sat
3350403 04	June 22	7-7:50 a.m.	Sat
3350403 05	June 29	7-7:50 a.m.	Sat
3350403 06	July 13	7-7:50 a.m.	Sat
3350403 07	July 20	7-7:50 a.m.	Sat
3350403 08	July 27	7-7:50 a.m.	Sat

Instructor: SPENGA

Activity No.	Date	Time	Day(s)
3350403 09	Aug. 3	7-7:50 a.m.	Sat
3350403 10	Aug. 10	7-7:50 a.m.	Sat
3350403 11	Aug. 17	7-7:50 a.m.	Sat
3350403 12	Aug. 24	7-7:50 a.m.	Sat
3350403 13	Aug. 31	7-7:50 a.m.	Sat
3350403 14	Sep. 14	7-7:50 a.m.	Sat
3350403 15	Sep. 21	7-7:50 a.m.	Sat
3350403 16	Sep. 28	7-7:50 a.m.	Sat

TRAIL RIDE AND LUNCH

Explore local paved trails and enjoy lunch afterward. Each ride is 13 miles. Beginners are welcome. Participants buy their own lunch and provide their own lock and helmet. In case of inclement weather, the weather hotline will be updated by 9 a.m. 614-334-2598, select option #2.

Location: Hilliard's Station Park
Cost: Free
Ages: 18 and older

Activity No.	Date	Restaurant	Time	Day(s)
5350401 02	May 14	Old Bag of Nails	10:15 a.m.-1 p.m.	Tue
5350401 03	June 11	Starliner Diner	10:15 a.m.-1 p.m.	Tue
5350401 04	July 9	Abner's	10:15 a.m.-1 p.m.	Tue
5350401 05	Aug. 13	Local Cantina	10:15 a.m.-1 p.m.	Tue

VINYASA YOGA

A yoga style geared for any level, combining movement with breath. Bring a yoga mat and water. Drop-in is available for \$8 per class.

Duration: 6 sessions
Location: Senior Center
Cost: R \$32 | NR \$38
Ages: 18 and older

Activity No.	Date	Time	Day(s)
2350404 01	April 8-May 13	6-6:45 p.m.	Mon
2350404 02	Aug. 12-Sept. 23*	6-6:45 p.m.	Mon

*No class Sept. 2

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PICKLEBALL (MAY)

Pickleball is a combination of tennis, badminton, and table tennis. We supply the courts, nets, and balls. Participants must bring their own paddle and water. Registration is open to all skill levels. Drop-in rate is \$2 unless the section is full.

Duration: Varies

Location: Community Center Gym

Cost: R \$3 | NR \$5

Ages: 16 and older

Activity No.	Date	Time	Day(s)
3551402 01	May 6-20	8:30-10:30 a.m.	Mon
3551402 03	May 6-20	1:30-3:30 p.m.	Mon
3551402 05	May 1-29	8:30-10:30 a.m.	Wed
3551402 07	May 1-29	1:30-3:30 p.m.	Wed
3551402 09	May 3-31*	8:30-10:30 a.m.	Fri
3551402 11	May 3-31*	1:30-3:30 p.m.	Fri

*No class May 17

VOLLEYBALL LEAGUES ADULT

Leagues consist of five sets to 21 points as power leagues. The first games start the week of April 7, with a projected 10-game schedule based on the number of teams. Register as a team or call in as a free agent to be placed on a team. Additional information can be found on the City of Hilliard Recreation and Parks Sports web page.

Sunday afternoons: Coed (recreational and competitive)

Monday nights: Men only

Tuesday nights: Women only

