

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
Prairie Oaks Metro Park	Sept. 11	9:45-11 a.m.
Hilliard's Station Park	Sept. 18	9:45-11 a.m.
Quarry Trails Metro Park	Sept. 25	9:45-11 a.m.
Hilliard Social Center	Oct. 2	9:45-11 a.m.
Prairie Oaks Metro Park	Oct. 9	9:45-11 a.m.
Hilliard's Station Park	Oct. 16	9:45-11 a.m.
Quarry Trails Metro Park	Oct. 23	9:45-11 a.m.
Homestead Metro Park	Oct. 30	9:45-11 a.m.
Hilliard Social Center	Nov. 6	9:45-11 a.m.
Prairie Oaks Metro Park	Nov. 13	9:45-11 a.m.
Hilliard's Station Park	Nov. 20	9:45-11 a.m.
Hilliard Social Center	Dec. 4	9:45-11 a.m.
Prairie Oaks Metro Park	Dec. 11	9:45-11 a.m.
Hilliard's Station Park	Dec. 18	9:45-11 a.m.

MOTIVATION AT THE STATION YOGA

Let Alive MVMT lead you through a challenging yet relaxing vinyasa flow outside at Hilliard's Station Park.

Instructor: Alive MVMT
Location: Hilliard's Station Park
Cost: Free
Ages: 13 and older

Activity No.	Date	Time	Day(s)
3350402 14	Sept. 7	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

MOTIVATION AT THE STATION STRENGTH TRAINING

Join SPENGA for a full-body functional strength training class for all levels!

Instructor: SPENGA
Location: Hilliard's Station Park
Cost: Free
Ages: 13 and older

Activity No.	Date	Time	Day(s)
3350403 14	Sept. 7	7-7:50 a.m.	Sat
3350403 15	Sept. 21	7-7:50 a.m.	Sat
3350403 16	Sept. 28	7-7:50 a.m.	Sat

VINYASA YOGA FALL SESSION I

A slow-flow yoga class that combines movement with breath. Great for any level. Please bring a yoga mat. Drop-in is available at the rate of \$8 per class.

Instructor: Melanie Ross
Duration: 5 sessions
Location: Hilliard Community Center
Cost: R \$28 | NR \$34
Ages: 18 and older

Activity No.	Date	Time	Day(s)
4350404 01	Sept. 30-Nov. 4	6-6:45 p.m.	Mon

VINYASA YOGA FALL SESSION II

A slow-flow yoga class that combines movement with breath. Great for any level. Please bring a yoga mat. Drop-in is available at the rate of \$8 per class.

Instructor: Melanie Ross
Duration: 6 sessions
Location: Hilliard Community Center
Cost: R \$33 | NR \$40
Ages: 18 and older

Activity No.	Date	Time	Day(s)
4350404 02	Nov. 11-Dec. 16	6-6:45 p.m.	Mon

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ZUMBA

Fitness that includes cardio and muscle toning all while moving to great music! There's no judgment, just fun! You won't even know it's exercise! Drop-in is available at the rate of \$8 per class.

Instructor: Doreen Woodard
Duration: 7 sessions
Location: Hilliard Community Center
Cost: R \$46 | NR \$55
Ages: 16 and older

Activity No.	Date	Time	Day(s)
4350405 01	Aug. 27-Oct. 22*	6:30-7:30 p.m.	Tue
4350405 02	Oct. 29-Dec. 17**	6:30-7:30 p.m.	Tue

*No class Sept. 3 or 17

**No class Nov. 19

POUND – ROCKOUT. WORKOUT.

The original POUND workout, this electrifying jam session uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising. The class combines cardio, strength training, and plyometrics, all to your favorite soundtrack! Bring an exercise mat. Drop-in is available for \$8 per class.

Instructor: Kait Walrath
Duration: 7 sessions
Location: Hilliard Community Center
Cost: R \$39 | NR \$47
Ages: 16 and older

Activity No.	Date	Time	Day(s)
4350412 01	Aug. 29-Oct. 17*	6:30-7:30 p.m.	Thu
4350412 02	Oct. 24-Dec. 19**	6:30-7:30 p.m.	Thu

*No class Sept. 5

**No class Oct. 31 or Nov. 28



PICKLEBALL

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 is available for \$2, unless class is full.

October
Duration: 4 sessions
Location: Community Center
Cost: R \$3 | NR \$5
Ages: 16 and older

Activity No.	Date	Time	Day(s)
4551401 01	Oct. 7-28	8:30-10:30 a.m.	Mon
4551401 03	Oct. 7-28	1:30-3:30 p.m.	Mon
4551401 05	Oct. 2-30**	8:30-10:30 a.m.	Wed
4551401 07	Oct. 2-30**	1:30-3:30 p.m.	Wed
4551401 09	Oct. 4-25*	8:30-10:30 a.m.	Fri
4551401 11	Oct. 4-25*	1:30-3:30 p.m.	Fri

*No class Oct. 18

**5 sessions

November
Duration: 4 sessions
Location: Community Center
Cost: R \$3 | NR \$5
Ages: 16 and older

Activity No.	Date	Time	Day(s)
4551402 01	Nov. 4-25	8:30-10:30 a.m.	Mon
4551402 03	Nov. 4-25	1:30-3:30 p.m.	Mon
4551402 05	Nov. 6-27	8:30-10:30 a.m.	Wed
4551402 07	Nov. 6-27	1:30-3:30 p.m.	Wed
4551402 09	Nov. 1-22	8:30-10:30 a.m.	Fri
4551402 11	Nov. 1-22	1:30-3:30 p.m.	Fri

December
Duration: 3 sessions
Location: Community Center
Cost: R \$3 | NR \$5
Ages: 16 and older

Activity No.	Date	Time	Day(s)
4551403 01	Dec. 2-16	8:30-10:30 a.m.	Mon
4551403 03	Dec. 2-16	1:30-3:30 p.m.	Mon
4551403 05	Dec. 4-18	8:30-10:30 a.m.	Wed
4551403 07	Dec. 4-18	1:30-3:30 p.m.	Wed
4551403 09	Dec. 6-20	8:30-10:30 a.m.	Fri
4551403 11	Dec. 6-20	1:30-3:30 p.m.	Fri

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PICKLEBALL LESSONS (BEGINNERS)

An introduction class to the game of pickleball. Players will learn proper technique, basic rules of how to play, and scorekeeping. This class is for those who have never played or are just starting out.

Instructor: Aaron Crabtree
Duration: 5 sessions
Location: Community Center
Cost: R \$70 | NR \$84
Ages: 18 and older

Activity No.	Date	Time	Day(s)
4551405 01	Aug. 26-Sept. 30*	9-10 a.m.	Mon
4551405 02	Aug. 23-Sept. 27**	9-10 a.m.	Fri

*No class Sept. 2

**No class Sept. 6

PICKLEBALL LESSONS (INTERMEDIATE)

This course is for those who have some experience playing the game but want to increase their skills, like dinking, serves, returns, drop shots, and more.

Instructor: Aaron Crabtree
Duration: 5 sessions
Location: Community Center
Cost: R \$70 | NR \$84
Ages: 18 and older

Activity No.	Date	Time	Day(s)
4551406 01	Aug. 23-Sept. 27	10:10-11:10 a.m.	Fri

*No class Sept. 6

PICKLEBALL LESSONS (ADVANCED)

For anyone who has played for a while and knows how to play the game well. This small group is meant to accelerate advanced players' game to the next level. High-level drilling and technique will be covered.

Instructor: Aaron Crabtree
Duration: 5 sessions
Location: Community Center
Cost: R \$70 | NR \$84
Ages: 18 and older

Activity No.	Date	Time	Day(s)
4551407 01	Aug. 26-Sept. 30	10:10-11:10 a.m.	Mon

*No class Sept. 2

TRAIL RIDE AND LUNCH

Explore local paved trails and enjoy lunch afterward. Each ride is 13 miles. Beginners are welcome, and no one is left behind. Participants must buy their own lunch and provide their own bike locks. Helmets are required. Meet at 10:15 a.m. at Hilliard's Station Park, 4021 Main St. The ride rolls at 10:30 a.m.

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

Activity No.	Date	Time	Day(s)
5350401 06	Sept. 10	10:15 a.m.-1 p.m.	Tue



Santa's elves will drop off the special Santa mailbox once again this year at Hilliard's Station Park near the corner of Main and Center streets.

Santa gets so busy around the holidays, so please include a self-addressed and stamped envelope to receive a return letter from Santa's Workshop.

The mailbox will be delivered to Hilliard's Station Park on Nov. 25 and taken back to the North Pole on Dec. 18.