

Community Center Fitness Offerings

Community Center Fitness Class Offerings

PHONE (843) 838-5907

Class	Days & Time Offered	Per Month	Per Class
Golf Fitness (4)	Thursdays @ 8:30 a.m.	\$36.00	\$12.00
Stretching & Flexibility (4)	Mondays @ 9:30 a.m.	\$24.00	\$8.00
Exercise Class (13)	Monday, Wednesday, & Friday. @ 8:30 a.m	\$48.00	\$8.00
Aquatic Exercise (13)	Tuesday, Thursday, & Saturday @ 9:00 a.m.	\$48.00	\$8.00
Easy Does It Aqua Exercise	Monday, Wednesday, & Friday @ 3:00 p.m.	\$48.00	\$8.00
Power Aqua (13)	Monday, Wednesday, & Friday @ 4:00 p.m.	\$48.00	\$8.00
Yoga I (4)	Mondays @ 10:30 a.m.	\$48.00	\$16.00
Gentle & Restorative Yoga (4)	Mondays @ 12:15 p.m.	\$48.00	\$16.00
Men's Yoga (4)	Monday @ 2:00 p.m.	\$48.00	\$16.00
Yoga I (4)	Thursdays @ 10:30 a.m.	\$48.00	\$16.00

(Yoga prices are "by the card".

4 class card @ \$48.00 / 8 class card @ \$90.00 or \$16.00 by the class.)