



LADIES CHOICE

FITNESS CENTER

Play Room Hours:

Tue-Sat 9am-12

Mon 5pm-8pm

Tues/Wed/Thur 5:30pm-8pm

CLUB HOURS:

Mon-Thur: 7pm - 9pm

Fri: 7am-7pm Sat: 9am-4pm

www.ladieschoicefitnesscenter.com

843-871-6207

Summer Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am	Water Aerobics Tina	8:00 & 9:15 Water Aerobics Brenda	Water Aerobics Tina	Water Aerobics Brenda	Water Aerobics Brenda	
9:30am	Zumba® Melanie	Pump Donna	Barre Blaire	Interval Step Donna	Zumba® Melanie	Yoga Ashlynn
10:30am	* Water Tone & Strengthening Brenda	Aqua Zumba Melanie	* Water Tone & Strengthening Brenda	Aqua Zumba Melanie	* Water Tone & Strengthening Brenda	
11am	Chair Yoga Ashlynn	Chair Pilates & More Donna	Zumba® Josie	Yoga Korin	Cardio Sculpt Remix Jenna	Zumba® Melanie
5:30pm	Water Aerobics Tina		Water Dance Tina	Water Aerobics Tina		
	**5PM Barre Blair	5:45 WERQ Chamere	**6PM Step Combo Jenna	6PM Zumba® Josie		
	6PM Zumba® Yvonne	7PM Yoga AshLynn				

** Summer Class

*Low Impact Water Aerobics