

PLAYROOM HOURS:
 Mon-Fri 9am-12pm
 Sat 9am-12:30pm
 Tues-Thur 5:30pm-8pm



LADIES CHOICE
FITNESS CENTER
Class Schedule

CLUB HOURS:
 Mon-Thur: 7am - 9pm
 Fri: 7am-7pm Sat: 9am-4pm
www.ladieschoicefitnesscenter.com
 843-871-6207

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am	Water Aerobics Tina	8am & 9:15am Water Aerobics Brenda	Water Aerobics Tina	Water Aerobics Brenda	Water Aerobics Brenda	Aqua Zumba® Melanie
9:30am	9:15 am Zumba® Melanie	Pump Donna	Barre Elena	Interval Step Donna	9:15 am Zumba® Melanie	
10:30am	* Water Tone & Strengthening Brenda		* Water Tone & Strengthening Brenda		* Water Tone & Strengthening Brenda	
11:00am	Chair Yoga Ashlynn	Chair Pilates & More Donna	Shine Dance Fitness Veronica	Yoga Korin	Hybrid Chair Yoga Ashlynn	10:15am Zumba® Melanie
5:30pm	Water Aerobics Tina		Water Dance Tina	Water Aerobics Tina		11:30 Yoga Ashlynn
5:45-6pm	6PM Zumba® Yvonne	5:45PM Shine Dance Fitness Veronica	6PM HIGH Low Aerobics Jessica	5:45PM Shine Dance Fitness Veronica		
7pm	HIGH Low Aerobics Jessica					

*Low Impact Water Aerobics