

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



LADIES CHOICE
FITNESS CENTER
Class Schedule

CLUB HOURS:
 Mon-Thur: 7pm - 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 | Zumba® Josie | Yoga Korin | Hybrid Chair Yoga Ashlynn | 10:15am Zumba® Melanie |
| 5:30pm | Water Aerobics Tina | | Water Dance Tina | Water Aerobics Tina | | |
| 5:45pm | | Shine Dance Fitness Veronica | Cardio Sculpt Remix Jenna | Shine Dance Fitness Veronica | | |
| | 6PM Zumba® Yvonne | | | | | |

*Low Impact Water Aerobics