

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 & 9am Water Aerobics Brenda	Water Aerobics Tina	9am Water Aerobics Brenda	Water Aerobics Brenda	
9:30am	9:15 am Zumba® Melanie	Pump Donna	Barre Elena	Interval Step Donna	9:15 am Zumba® Melanie	Yoga Elena
10:30am	* Water Tone & Strengthening Brenda	10:15 am Aqua Zumba Melanie	* Water Tone & Strengthening Brenda	10:15 am Aqua Zumba Melanie	* Water Tone & Strengthening Brenda	
11:00am	Chair Yoga Ashlynn	Chair Pilates & More Donna	Zumba® Josie	Yoga Korin	Hybrid Chair Yoga Ashlynn	Zumba® Melanie
5:30pm	Water Aerobics Tina		Water Dance Tina	Water Aerobics Tina	WERQ Chamere	
5:45pm		Shine Dance Fitness Veronica	Cardio Sculpt Remix Jenna	Shine Dance Fitness Veronica		
	6PM Zumba® Yvonne	7PM Yoga				

*Low Impact Water Aerobics