

2017



843-341-2166

Club Hours :

Mon - Fri:

5:00AM - 10:00PM

Saturday:

8:00AM - 6:00PM

Sunday:

9:00AM - 6:00PM

Child Care Hours:

Mon - Fri:






8AM - 12PM

Sat: 8AM - 12PM



SPIN SIGN UP

-Members: day before
-Non-members: day of

TIME	MON	TUES	WED	THUR	FRI	SAT
7am	No Holds BARRE VICTORIA	F.I.T <i>(Fast Interval Training)</i> STACEY	CARDIO CORE & MORE STACEY	P.O.S. <i>Power of Stability</i> STACEY	GUNS, GUTS, & GLUTES STACEY	8:30 & 9:30 Saturday Classes <i>change weekly</i> <i>See board for details</i>
8am	 HEIDI	YOGA SHARON	 KRISTIN	PILATES MAT DANIELLE	 HEIDI	8:30 F.I.T. / KICKBOXING SPINNING <i>*ROTATES</i>
9am	SERIOUS STRENGTH STACEY	SERIOUS STRENGTH HEIDI	STEP ALICE	SERIOUS STRENGTH HEIDI	STEP ALICE	9:30 GUNS, GUTS, & GLUTES <i>*ROTATES</i>
10am	YOGA JERI	 SHERRI	YOGA FLOW WENDY	 KRISTIN	GOT CORE (30 min) STACEY	10:30 YOGA JERI or SHARON
4:30pm		No Holds BARRE ALYSSA				
5:30pm	KICKBOXING DANIELLE	SERIOUS STRENGTH	CIC <i>cardio interval circuit</i> HEIDI	SERIOUS STRENGTH HEIDI		
6:30pm						