




MAY 2023 FITNESS CLASSES (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Lowcountry Health Brokers	STRENGTH 6-7am		STRENGTH 6-7am	STRENGTH & STRETCH 6-7am	
STEP/SCULPT 9:30-10:30am	EASY DOES IT FIT PARTY 9-10am	TOTAL BODY 9:30-10:30am	EASY DOES IT STRENGTH 9-10am	INTERVAL 9:30-10:30am	
	BALL 10-10:30am		EASY DOES IT ZUMBA GOLD 10:05-11:05am		
EASY DOES IT HI-LO 10:35-11:35am	EASY DOES IT BALANCE 10:35-11:05am	EASY DOES IT STRENGTH 10:35-11:35am EASY DOES IT YQ/CHI (Yoga/TaiChi) 11-11:45am *SENIOR LINE DANCE 12:45-1:45pm		EASY DOES IT BALANCE/TONE 10:35-11:35am  PHYSICAL THERAPY & WELLNESS	
STEP/WEIGHTS 5:30-6:30pm	ZUMBA/TONING 6:30-7:30pm NO CLASS MAY 30		BARRE 5:45-6:30pm		
CORE 6-6:30pm	YOGA DRILLS 6-6:45pm	STRENGTH 6-6:30pm			
BARRE 6:30-7:15pm		STRETCH 6:30-7pm			
*ZUMBA W/ Queenie 6:30-7:30pm	PILATES 6:45-7:30pm	WERQ 6:30-7:30pm		LINE DANCE 6:30-7:30pm	FEES ON BACK *Daily fee per class