

March Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Strength 6-7AM		Strength 6-7AM	Strength & Stretch 6-7AM	 GOOSE CREEK RECREATION
	Easy Does it Fit Party 9-10AM		Easy Does it Strength 9-10AM		
Step/Sculpt 9:30-10:30AM	Ball 10-10:30AM	Total Body 9:30-10:30AM	Easy Does it Zumba Gold 10:05-11:05AM NEW TIME CHANGE	Interval 9:30-10:30AM	
Easy Does it Hi-Lo 10:35-11:35AM	Easy Does it Balance 10:35-11:05AM	Easy Does it Strength 10:35-11:05AM Easy Does it Yo/Chi (Yoga/ThaiChi) 10:35-11:05AM Senior Line Dancing 12:45-1:45		Easy Does it Balance/Tone 10:35-11:35AM	Yoga March 4th & 18th 20/20/20 March 11th & 25th Recreation Center Gym 2 7:15-8:15AM
Step/Weights 5:30-6:30PM		Zumba/Toning 5:30-6:30PM No Class 3/1			 JOINTS IN MOTION <small>PHYSICAL THERAPY & WELLNESS</small>
Core 6-6:30PM	Yoga Drills 6-6:45PM	Strength 6-6:30PM	Barre 5:45-6:30PM		
Barre 6:30-7:15PM		Strength 6:30-7PM			
Zumba W/Queenie 6:30-7:30PM	Zumba 6-7PM (March 7 ONLY)				 Lowcountry Health Brokers
Belly Dance 7-8PM	Pilates 6:45-7:30PM	WERQ 6:30-7:30pm		Line Dance 6:30-7:30P	

Fitness Class Fee Schedule

Monthly Fees for all classes start at the beginning of the Month

Monthly Fee: \$30 Residents/ \$35 Non-Residents	Daily Fee: \$5	30 Minute Class: \$2 (or part of the monthly fee) 45 Minute Class: \$3 (or part of the monthly fee)
Childcare (Located in the fitness center) Monday- Thursday 3-8PM	Fees:	\$20 monthly for 1st child \$10 for each additional child of the same family \$2/hour per child (minimum \$2 fee)
Senior Line Dancing with Frances:	Fees: \$5 Daily	Wednesdays, 12:45—1:45 pm
Line Dancing with Denise	Fees: \$5 Daily	Fridays, 6:30-7:30PM
Yoga Level 1 Intermediate with Casondra	Fees: \$5 Daily (or part of monthly)	Saturday, February 4th & 11th 7:15-8:15AM Gym 2
Zumba with Queenie	Fees: \$5 Daily (cash or check)	Mondays, 6:35-7:35PM
Belly Dancing with Anna	Fees: \$10 Daily	Mondays, 7-8 PM (Starts March 13th)
Easy Does It: Monthly Fee: \$25 Resident/ \$30 Non-resident	<p>Tuesday & Thursday, 9-10am Tuesday, 10-10:30am and 10:30-11am Monday, Wednesday, Thursday & Friday, 10:30-11:30am CLASS YO-CHI, Wednesday, 11-11:45am</p> <p>Ball is INCLUDED in the Easy Does it monthly. Also included in Easy Does it monthly fee:</p> <p>*Mon., Wed., and Fri., 9:30-10:30am class *Above classes are intermediate</p>	