

Play Room Hours:
Wed/Fri/Sat 9am-12
Tues/Wed 5pm-8pm



CLUB HOURS:
Mon-Thur : 7AM - 9PM
Fri. 7am-7pm Sat: 9AM-4PM
www.ladieschoicefitnesscenter.com
843-871-6207

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am	Water Aerobics Tina	8:00 & 9:15 Water Aerobics Brenda	Water Aerobics Tina	Water Aerobics Brenda	Water Aerobics Brenda	Water Aerobics Tina
9:30am	Zumba® Melanie	Pump Donna	Barre Liz	Interval Step Donna	Zumba® Melanie	Yoga Ashlynn
10:30am	* Water Tone & Strengthening Brenda	Aqua Zumba Melanie	* Water Tone & Strengthening Brenda	Aqua Zumba Melanie	* Water Tone & Strengthening Brenda	
11am	Chair Yoga Ashlynn	Chair Pilates Misty	Zumba® Josie	Yoga Korin	Barre Misty	Zumba® Melanie
5:30pm	Water Aerobics Tina	Water Aerobics Tina	Water Dance Tina	Water Aerobics Tina		
	6PM Zumba® Yvonne	5:30 Barre Mandi	5:45 WERQ Chamere	5:45PM Zumba® Josie Starting December 9th		
		7PM Yoga AshLynn				

*Must Sign up for dark blue water classes