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Fitness Center is Accepting New Members

Monday  ▶  5:30am
Tuesday  ▶  6:30pm
Wednesday  ▶  5:30am
Saturday  ▶  9:30am
Sunday  ▶  2:30pm

$30 Monthly Fee or $5 Walk-In Fee
ZUMBA CLASSES ARE BACK IN FULL SWING!!!

SUNDAY  MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY  SATURDAY
2:30pm - Pound  5:30am - Pound  6am - Fitness Fusion  5:30am - Pound  6am - Fitness Fusion  5:30am - Pound  8:45am - Body Sculpting
8:30am - Aerobics  9:30am - Line Dance  8:30am - Aerobics  9:30am - Line Dance  8:30am - Aerobics  9:30am - Pound
10:30am - Chair Aerobics  10am - Yoga  10:30am - Chair Aerobics  5pm - Kick-Box Fusion  10:30am - Chair Aerobics
2:30pm - Dance  5pm - Step Aerobics  11am - Yoga
5:00 - Core Strength  6:30pm - Pound  5pm - Cross Training
6:30pm - Zumba  5:45pm - Yoga

OCTOBER TOURNAMENT SCHEDULE
OCTOBER  3/4  USSSA
OCTOBER  10/11  TIER ONE FASTPITCH
OCTOBER  17/18  USSSA
OCTOBER  24/25  TOP GUN
OCTOBER  31/1  USSSA

CLASS FEE'S

1 Month Fitness Center Membership or Longer = FREE CLASSES
1 DAY WALK-IN FEE = $5
$30/month = ALL CLASSES INCLUDED IN FEE
(Special Rates for Chair Aerobics, Line Dance, and Aerobics
NO ANNUAL CONTRACT OR ADDITIONAL FEE’S
Youth Basketball Registration is OPEN!

Get to know your class instructor:

What Town did you Grow Up In? I was raised on Isle of Palms/Charleston/Mount Pleasant...We lived on the island until I was in the 4th grade...There weren't many permanent residents at that time. We moved into Charleston close to the Citadel for middle and the beginning of High School. Moved to Mount Pleasant until I left for college.

What's Your Favorite Type of Music? I love all music...probably my favorite is Beach Music!!!

If all the States were Represented by a Food, what would SC be Represented by? LowCountry Shrimp Boil!!!

What Song would you Sing at Karaoke Night? LOL...I sing with my feet(Dance)...however, I would probably sing CELEBRATE with a group...definitely not alone!!!

Which would you rather do: Wash Dishes, Mow the Lawn, Clean the Bathroom, or Vacuum the House? Hummmmm....you didn't list DANCE!!

Have you ever had a Nickname? What is It? Dancin' Terry

If you could Share a Meal with 4 people, Living or Dead, Who Would they Be? Jo Thompson Syzmanski who is a Legend in Line Dance, my Husband PA, Daughter Amanda and Son Alex...along with their Spouse’s and Grands!! Whoops...that’s more than 4..Oh Well...don't think I’m getting graded on this!!

If you could join any Past or Current Music Group which one would you join? Remember, I SING with me Feet...so that would be any Music Group that I could dance to...probably Beach Music!!!
Coming Up

Getting to Know Your Instructor—Edition 2

Susan Snow

Susan teaches the following Classes:

- Core Strength
- Step Aerobics
- Cross Training
- Kick-Box Fusion
- Body Sculpting

First Thursday of the Month—Beginning October 1st!

2:30pm Free To Play

Prizes Awarded to Winners

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