



Wellness Center

Group Exercise Schedule

Please refer to Group Exercise Hotline for changes and updates: 843-792-1649

High energy, safe, and fun group classes, **Included in your membership.**

MON	TUES	WED	THURS	FRI	SAT
6:05am Cycling Studio Cycling	6:00am Crow's Nest Yoga	6:05am Cycling Studio Cycling	6:00am Crow's Nest Yoga	6:00am Cycling Studio Cycling	9:05am Main Studio LES MILLS BODYPUMP
7:00am Crow's Nest Yoga	9:30am Main Studio Core and More	10:00am Main Studio Stae Fit Chair	10:00am Main Studio Mobility and Movement	9:00am Crow's Nest Pilates Mat	9:15am Cycling Studio Cycling
10:00am Main Studio Stae Fit Dance	11:00pm Crow's Nest Yoga	12:00pm Main Studio Strength and Conditioning	3:00pm Pool Water Aerobics	10:00am Main Studio Stae Fit Strength	10:00am Pool Water Tabata
12:00pm Main Studio Strength	12:15pm Cycling Studio Cycling Xpress 45min	5:30pm Main Studio LES MILLS BODYPUMP	5:30pm Main Studio Cardio Power Hour	12:00pm Main Studio Strength	10:15am Crow's Nest Pilates Mat
5:30pm Main Studio LES MILLS BODYPUMP	3:00pm Pool Water Aerobics	6:00pm Crow's Nest Yoga	6:00pm Crow's Nest Yoga		
6:00pm Cycling Studio Cycling	5:30pm Main Studio Cardio Power Hour	6:00pm Cycling Studio Cycling			
6:30pm Main Studio LES MILLS BODYCOMBAT					

Wellness Center Opening Hours:

Monday - Thursday: 5:30am to 9:00pm

Friday: 5:30am to 7:00pm

Saturday - Sunday: 9:00am to 4:00pm

Pool closes 15 minutes prior to the facility closing

Membership Desk

843-792-5757

Free Weight Desk

843-792-5754

Cardio Desk

843-792-5753

Group Classes Description

BODYPUMP®	A barbell class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. This is the time-tested secret to developing lean, athletic muscle. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music. For all fitness levels.
BODYCOMBAT®	A core workout where we punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories, relieve stress, feel empowered and have a blast. The class draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Capoeira and Kickboxing. Supported by driving music and powerful role model instructors, participants will strike, punch and kick their way through calories to superior cardio fitness.
Strength	This class improves functional strength and mobility. It is a higher intensity class with medium to heavy weight lifting, periods of sustained elevated heart rates, and floor based conditioning exercises.
Cycling	New Stages SC3 Bikes! This is a cardiovascular and lower body conditioning class performed to music with Stages certified instructors. Cycling focuses on climbing hills, flat roads, sprinting and endurance. Cycling class is a fun and motivating experience in an environment geared to all fitness & cycling experience levels.
Yoga	Yoga is about bringing the Mind, Body & Spirit into harmony. Class content focuses on the warmup, breathing and postures teaching you to trust in your body's wisdom to bring a sense of peace and renewed vitality.
Water Aerobics	This is a full body water workout for all levels combining cardio respiratory, muscle conditioning, and interval training.
Water Tabata	Prepare to work harder! This workout is full body, low impact and FUN! You experience a wide variety of exercises that will challenge and help to improve your cardiovascular and overall fitness level.
Cardio Power Hour	Interval or block based workout incorporating strength training, body weight conditioning, cardiovascular conditioning and Core emphasis segments. Medium to high intensity workout
Core and More	Class incorporates core exercises, gives you an opportunity to develop your abdominal muscles and bring stability to your body improving posture, strength & flexibility.
Stae Fit Dance	Dancing improves endurance, muscle function and strength in older adults. This class increases balance and mobility which leads to better stability and fewer injuries.
Stae Fit Chair	This class allows you to discover the root and essence of your movement and how that movement is stabilized. It is designed to give confidence to move with control and grace.
Mobility and Movement	This class focuses on joint mobility, muscular stretching, movement efficiency and ease, stress reduction and recovery work. It is the perfect complement to intense training.
Stae Fit Strength	This total body workout is a great way to get started or continue with strength training. The exercises will focus on building total-body strength with an emphasis on joint stabilization and core strength.
Unbound	A functional training class that utilizes stationary and dynamic 3-D movement patterns and drills to improve cardio conditioning, movement quality and efficiency, functional strength and muscle tone! Impact is minimized to reduce joint stress, and an emphasis is placed on true human movement (move as you do naturally) and fundamental athletic skills.
Pilates Mat	This Pilates Mat class is a total body, non-impact workout that stretches, strengthens and lengthens the entire body with emphasis on the core muscles.
Strength and Conditioning	Faster paced workout that challenges muscular strength and endurance. There are more total sets and reps, a wider variety of lifts with slightly reduced weights compared to the Strength class. Great overall conditioning workout.