

CHOOSE Fitness Classes

January 10-March 24, 2012

<u>Monday/Wednesday</u>		
Cardio & Strength	7-7:45am	Abby
	Aerobic Rm	
Swim Clinic	7:30-8:15am	Pool Staff
	Pool	
Zumba	8:8:45am	April
	Sr Gym	
Fitness Over 50	9-10am	Carol
(Bring your own mat)	Jr Gym	
Grab Bag	9-9:45am	Michelle
	Aerobic Rm	
Ab Express	9:45-10:00am	Michelle
	Aerobic Rm	
Body Sculpt	10-10:45am	Shelly
	Aerobic Rm	
Beginner Zumba	11-11:45pm	Shelly
	Aerobic Rm	
Enhance Fitness	11-12pm	Linda
	Jr Gym	
Zumba	11-12:45	Blake
	Canal Street Gym	
Aqua Surge	12-12:45pm	Nola
	Canal Street Pool	
Cardio Circuit	4:30-5:00pm	Aaron
	Aerobic Rm	
Ab Express	5:00-5:15pm	Aaron
	Aerobic Rm	
HydroAerobics	5:30-6:15pm	Nola
	Pool	
Zumba	6-6:45pm	Abby
	MBI	
		Version 12.20.11

<u>Tuesday/Thursday</u>		
Kickboxing	8-8:45am	Shelly
	Jr Gym	
Zumba	8-8:45am	Abby
	Sr. Gym	
Beginner Pickleball	9-12am	Volunteer
	Sr. Gym	
Zumba Toning	9-9:45am	April
	Jr. Gym	
Deep Water Exercise	9-9:45am	Blake
	Pool	
Intro to Weights	10-10:45am	Gary
& Cardio	Weight Rm	
BOSU	10:15-10:45am	Shelly/Linda
	Aerobic Rm	
Intro to Pilates	11-11:30am	Linda
	Aerobic Rm	
DeepWater Exercise	1:30-2:15pm	Nola
	Pool	
Volleyball	1-3pm	Linda
(Tuesday only)	Sr Gym	
Abs and Cardio	1-1:30pm	Antonio
	Canal Street Gym	
Cross Training	4:30-5:00pm	Michael
	Aerobic Rm	
Ab Express	5:00-5:15pm	Michael
	Aerobic Rm	
Cardio Blast	5:30-6:15pm	Brandon
	Aerobic Rm	
Abs and Cardio	6-6:30pm	Antonio
	Canal Street Gym	
Bosu	6:30-7:15pm	Aaron
	Aerobic Rm	
DeepWater Exercise	7-7:45pm	Jeanne
	Pool	
Adult Swim Lessons	7-7:30pm	Pool Staff
(Free/Pre-Register)	Pool	



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Friday		
Cardio & Strength	7-7:45am	Abby
	Aerobic Rm	
Swim Clinic	7:30-8:15am	Pool Staff
	Pool	
Zumba	8:8:45am	April
	Sr Gym	
Fitness Over 50	9-10am	Carol
(Bring your own mat)	Jr Gym	
Grab Bag	9-9:45am	TBA
	Aerobic Rm	
Ab Express	9:45-10:00am	TBA
	Aerobic Rm	
Body Sculpt	10-10:45am	Shelly
	Aerobic Rm	
Beginner Zumba	11-11:45pm	Shelly
	Aerobic Rm	
Enhance Fitness	11-12pm	Linda
	Jr Gym	
Aqua Surge	12-12:45pm	Nola
	Canal Street Pool	

Bosu	4:30-5:00pm	Aaron
	Aerobic Rm	
Ab Express	5-5:15pm	Aaron
	Aerobic Rm	
Cross Training	5:30-6:15pm	Michael
	Aerobic Rm	
HydroAerobics	5:30-6:15pm	Nola
	Pool	

Saturday		
Zumba	8:45-9:30am	April
	Jr Gym	

Presented By



&



City of Myrtle Beach / Cultural & Leisure Services / Recreation Division

"We create community through people, parks, and programs"

Pepper Geddings Recreation Center ~ 3205 Oak St. ~ Myrtle Beach, SC ~ 843-918-2280

www.cityofmyrtlebeach.com/choose.html

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