

# ***FITNESS CLASSES***

*Goose Creek Community Center*

*843-569-4242, EXT 291*

## **FITNESS CLASS FEES:**

Monthly	\$30
Non-residents	\$35
Daily	\$5
Ball Class	\$3

Ball class must bring your own ball

## **CHILDCARE HOURS:**

**Mon., 6-8pm**

**Tues., 12:30-2:30pm and 6-8pm**

**Thurs., 12:30-2:30pm and 6-8pm**

## **FEES:**

**\$20 monthly fee 1 child /\$10 for each additional child of the same family**

**Monthly fee runs from the beginning of the month to the end or \$2 per hour per child (minimum \$2 fee)**

## **CLASS DESCRIPTIONS:**

**ABC & BLT**– You'll work your arms, back, chest, butt, legs, and thighs in this strength endurance class that will help tone and reshape your entire body while boosting your metabolism.

**BALL FIT**– All participants must bring their own stability ball to this class. You will get a total body work out using the ball and free weights. This class is not included in your monthly fee. All participants must pay \$2 to the instructor.

**CARDIO WEIGHT TRAINING** -This interval class combines weight-conditioning segments with bench stepping for a complete workout. Also known as Cardio Sculpt.

**CONDITION/STENGTH**– A total body conditioning class designed to target individual muscle groups. Hand weights are used to increase the effectiveness and intensity of the workout. This class improves muscular strength and creates muscle definition. Workouts include floor work, abdominal exercises, and plenty of stretching .

**EASY DOES IT**– . This **NON-IMPACT AEROBICS** class fuses dance movements with an invigorating cardiovascular fitness workout. Workouts include hi-lo aerobics and some moderate stepping using the step bench. Each class ends with abs, and a cool down.

**GUT & BUTT**– If you are looking for a new way to work your abs, here is a huge selection of abdominal strengthening and toning exercises you may not have tried. Work on your butt and gut in this 30 minute high energy class.

**INTERVAL**– This is a total workout. Designed to get your heart rate up, burn fat, create muscle definition all at the same time, while doing several different types of exercises. Body bars, hand weights, and step bench used in this class.

**STEP AND SCULPT**– Burn fat, rev your metabolism and sculpt your entire body in this class which utilizes free weights and a step bench, plus heart pumping multi-muscle exercises, to achieve workout results.

**SUPER SCULPT**– This invigorating class improves muscular strength and creates muscle definition. Workouts include use of hand weights, body bars, lots of lunges and squats. Finishing with abs, and stretching.

**SUPER STEP**– A high intensity workout using lots of choreographed moves on a step bench.

**ZUMBA**– Latin rhythms with cardiovascular exercises to create an aerobic dance routine that is easy and fun to follow.

**\*MONTHLY FEE FOR ALL CLASSES START AT THE BEGINNING OF THE MONTH\***