

Who's your Trainer???

Here at the Aquatic and Fitness Center we are very lucky to have a highly qualified and well diversified personal training staff.

Whether you're looking for sport specific training, help with weight loss or just that extra kick in the butt to get to the gym we have a trainer just for you.

For more help contact Patrick Flynn the Fitness Director @ 843-281-3745 or check out our Trainer board in the Fitness Room.