

Kids Fitness @ the AFC

The AFC is now offering free kids fitness programming to our members. The program is led by Cami a recent grad from ECU and has been a huge success. We are currently offering classes on Monday, Tuesday and Thursday from 4pm to 5pm and 5pm to 6pm and Friday from 4pm-7pm. Our programming includes everything from boot camp classes and yoga to Friday night Fun Fit Club in the Fitness Room.

For information stop by the front desk and ask for a Kids Fitness schedule. You can also call 843-281-3745 for more information.