

LES MILLS BODY PUMP-Launching August 6th at 9 am-FREE

This is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift, and curl.

You must reserve a spot for the Launch Event at the Fitness Desk.

Call Pat Flynn, Fitness Director at 843-281-3745 for more information

Classes will be added to the Schedule starting August 8th