

Class Changes for Saturday, August 6th

We have a few class changes for Saturday, August 6th! We apologize in advance for any inconvenience. Any questions please call the Fitness Director, Pat Flynn at 843-281-3745

7:30am cycle/stretch/kettle combo will remain in MP for the entire class and will begin at 7am

9am Yoga will be CANCELED

10am Zumba is unchanged

10am Step & Core will be cancelled