

JULY 2025 FITNESS CLASSES (ACTIVITY CENTER), No classes Fri., July 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am	STRENGTH & STRETCH 6-7am	No class 7-26 *WATER FITNESS 8:30-9:30am City of Goose Creek Pool
STEP/SCULPT 9:30-10:30am	EASY DOES IT FIT PARTY 9-10am BALL 10-10:30am	TOTAL BODY 9:30-10:30am	EASY DOES IT STRENGTH 9-10am	INTERVAL 9:30-10:30am	
EASY DOES IT HI-LO 10:35-11:35am	EASY DOES IT BALANCE 10:35-11:05am	EASY DOES IT STRENGTH 10:35-11:20am	EASY DOES IT ZUMBA GOLD 10:05-11:05am	EASY DOES IT BALANCE 10:35-11:35am	
		EASY DOES IT GENTLE MOBILITY 11:25-11:55am *SENIOR LINE DANCE 12:45-1:45pm			
BASIC STEP W/WEIGHTS 5:45-6:30pm			POUND ROCKOUT 5:30-6:30pm		
BARRE & AB'S 6-7pm	PILATES, FLEX & MOBILITY 6-7pm	STRENGTH & STRETCH 6-7pm			
*ZUMBA W/ Queenie 6:30-7:30pm	*CHAIRONE W/Twanisha 6:30-7:30pm	*MIXXEDFIT W/Twanisha 6:30-7:30pm	WERQ W/ Kristyn 6:30-7:30pm	*LINE DANCE W/ Denise 6:30-7:30pm	FEES ON BACK *Daily fee per class