

JULY 2025 Fitness Class Fees no classes Friday July 4th

MONTHLY FITNESS CLASSES

(MORNING AND EVENING CLASSES)

**BALL, STEP/SCULPT, TOTAL BODY, PILATES, BOOTCAMP, BARRE,
STRETCH, STRENGTH, INTERVAL, TOTAL BODY, ZUMBA,
CARDIO FLEX, FLEXIBILITY AND MOBILITY, CORE, GENTLE FLEX & STRETCH,
GENTLE MOBILITY, WERQ, POUND**

Monthly Fee: \$30 Resident/\$35 Non-resident

Daily: \$5

45-minute classes: \$3 (or part of monthly fee)

MONTHLY FEES FOR ALL CLASSES START AT THE BEGINNING OF THE MONTH

EASY DOES IT

Tuesday & Thursday

9-10am

Tuesday

10-10:30am and 10:35-11:05am

Thursday, 10:05-11:05am

Monday & Friday

10:35-11:35am

Wednesday, 10:35-11:20am

Gentle Mobility

Wednesday, 11:25-11:55am

Monthly Fee: \$25 Resident/ \$30 Non-resident

Daily: \$5

30-minute classes: \$2 (or part of monthly fee)

45-minute classes: \$3 (or part of monthly fee)

Also included in Easy Does it monthly fee:

*Mon., Wed., and Fri., 9:30-10:30am classes

*Above classes are intermediate

ZUMBA

w/Queenie

Monday, 6:35—7:35pm

Daily: \$5

ChairOne

Tuesday, 6:30—7:30pm

Daily: \$5

MixxedFit

Wednesday, 6:30—7:30pm

Daily: \$5

Instructor: Twanisha

Aqua Fit

W/Nina

Saturday, 8:30—9:30am

No class 7-26

Daily: \$5 (cash only)

City of Goose Creek Pool

300 Hamlet Circle, Goose Creek

SENIOR LINE DANCE

with Frances

Wednesday, 12:45—1:45pm

Daily: \$5

CHILDCARE

Monday thru Thursday, 3—8pm

Fitness Center

FEES: \$20 monthly fee 1st child

\$10 for each additional child of the same family

\$2 per hour per child (minimum \$2 fee)

Line Dancing

with Denise

Friday, 6:30—7:30pm

Daily: \$5

cash or check preferred for \$5 OR less