



# 2010

## North Charleston Class Schedule

5900 Rivers Ave, North Charleston, SC 29406

Phone: (843) 744-7800

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am						<b>Zumba</b> <i>Rochelle</i>
11:00 am	<b>Senior Fitness</b> <i>Joe</i>				<b>Senior Fitness</b> <i>Joe</i>	
5:00 pm	<b>Cycling</b> <i>Laura</i>	<b>Cycling</b> <i>Marty</i>	<b>Zumba</b> <i>Kendra</i>	<b>Cycling</b> <i>Marty</i>	<b>Cycling</b> <i>Laura</i>	<b>Kid Club Hours</b>
5:30 pm						<b>Monday - Friday</b> 9 am - 12 pm & 4 pm - 8 pm
6:00 pm	<b>Power Abs</b> <i>Marty</i>	<b>Cycling</b> <i>Marty</i>	<b>Power Abs</b> <i>Marty</i>	<b>Cycling</b> <i>Marty</i>	<b>Power Abs</b> <i>Marty</i>	<b>Business Hours</b>
6:30 pm	<b>Shed &amp; Sculpt</b> <i>Marty</i>		<b>Shed &amp; Sculpt</b> <i>Marty</i>		<b>Shed &amp; Sculpt</b> <i>Marty</i>	
7:15 pm			<b>Self Defense</b> <i>Vincent</i>		<b>Self Defense</b> <i>Vincent</i>	
						<b>Monday - Thursday</b> 8 am-10 pm <b>Friday</b> 8 am-9 pm <b>Saturday</b> 8 am-5 pm <b>Sunday</b> 12 pm-5 pm

### Aerobic Class Descriptions

- **Senior Fitness:** Combination of low impact aerobics with strength training geared towards seniors and beginners.
- **Power Abs:** A powerful core workout to improve strength and flexibility.
- **Cycling:** Fun, intense cardio workout on the bike – great for fat-burning! All levels welcome.
- **Shed & Sculpt:** This class starts with 30 minutes of cardio designed to warm up the muscles and burn off the fat. The next 30 minutes uses resistance training designed to develop and strengthen muscles.
- **Yoga:** Beginner/Intermediate Yoga poses combined with full body stretching to improve strength & flexibility. Beginners always welcome.
- **Self Defense:** Learn self-confidence, awareness, defensive techniques, avoidance, and mental concentration – all while getting a workout.
- **Zumba:** Great cardiovascular workout inspired by Latin Dance. This is a fun aerobic workout!!

For more information go to [www.worldfitnessofsc.com](http://www.worldfitnessofsc.com)