



2012

Summerville Class Schedule

1625 N. Main Street, Summerville, SC 29483

Phone: (843) 873-2727

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	NEW WerQ Starting Feb 13 th Kim	Zumba Toning Kim	Step Marty	Zumba Celestine	Body Blast Sheila	Cycling Marty
10:00 am						Zumba Connie
5:00 pm		Zumba Toning Kim			WerQ Kim	
5:30 pm	Zumba Erika		Zumba Erika	Cycling & Abs Laura		
6:00 pm		Chisel Suzanne			Zumba Celestine	
6:30 pm	Cycling Laura		Cycling Aaron	Zumba Connie		

- **Body Blast:** Combination of strength moves with short bouts of cardio to get your blood pumping.
- **Cycling:** Fun, intense cardio workout on the bike – great for fat-burning! All levels welcome.
- **Pilates/Core:** Resistance using your own body weight, stability balls and bands to develop core strength, balance, and flexibility.
- **Strength:** Weight Training Class to firm and strengthen your total body using weights, bars, balls and bands.
- **Zumba:** Work up serious sweat and get your heart rate up, up, up with this jamming Latin inspired routine.
- **Zumba Toning:** It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.
- **Chisel:** Total body weight lifting workout incorporating weights, body bars, step and other equipment.
- **WerQ:** Fiercely fun new dance fitness workout fusing today's hottest pop, rock, and hip hop music with easy dance routines designed for torching calories!
- **Cycling & Abs:** Fun and exciting class split into two parts containing cardio on the bikes, and finishing with an intense ab workout.

Kid's Club Hours	Business Hours
Monday - Friday 8:30 am - 12:00 pm 4 pm - 8 pm Saturday 9 am - 12 pm	Monday - Friday 5 am - 9 pm Saturday 8 am - 5 pm Sunday 12 pm - 5 pm