






# NEW SCHEDULE

## Isle of Palms Recreation Department September 2011 High Tide/ Low Tide Class Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Barre Fitness</b> Mondays 5:30-6:30pm \$10 per class  <b>Hip Hop -Adult</b> Thursdays 7:00-8:15pm \$10 per class	<b>Ballet</b> (2-5yrs) Mondays 12:30-1:00pm Sept 12 - Nov. 14 \$115/\$120 session 	<b>Little Dragons</b> (3-5yrs) Fridays 12:30-1:00pm Sept. 23 - Oct. 28 \$60/\$65 session 		1 8am Body Works 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training 7pm Adult Hip Hop	2 8am Total Body Movement 3pm Senior Exercise  	3 10am Yoga  
<b>Personal Training</b> Tue/Thurs 10:30-11:30am Tue/Thurs 5:30 - 6:30pm Session \$64/\$69 (month)  <b>Prenatal Yoga Sculpt</b> Fridays 1:00pm -2:00pm Starts: September 30 Session \$35/\$40	5 <i>Labor Day</i>  <i>IOP Recreation Department Closed</i>	6 8am Core Resistance 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training	7 8am Cardio Combo 3:00 Senior Exercise 5:30 Evening Yoga 6:45 Zumba	8 8am Body Works 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training 7pm Adult Hip Hop	9 8am Total Body Movement 3pm Senior Exercise	10 10am Yoga
<b>Total Body Challenge</b> Monday - Friday 8:00-9:00am \$7 per class Monthly packages available	12 8am Boot Camp 9:15 Yoga 12:30 Ballet 3pm Senior Exercise 5:30 Barre Fitness 6:45 Zumba	13 8am Core Resistance 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training	14 8am Cardio Combo 3:00 Senior Exercise 5:30 Evening Yoga 6:45 Zumba	<b>15 Wellness Fair</b> 8am Body Works 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training 7pm Adult Hip Hop	16 8am Total Body Movement 12:00 Little Dragons Karate -Free Demo 3pm Senior Exercise	17 10am Yoga  
<b>Yoga</b> - Hour class Mondays 9:15-10:15am Wednesday 5:30-6:30pm \$7 per class  <b>Yoga</b> - Hour + class Tue/Thurs 12:30-2:00pm Saturday 10:00-11:15am \$10 per class	19 8am Boot Camp 9:15 Yoga 12:30 Ballet 3pm Senior Exercise 5:30 Barre Fitness 6:45 Zumba	20 8am Core Resistance 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training	21 8am Cardio Combo 3:00 Senior Exercise 5:30 Evening Yoga 6:45 Zumba	22 8am Body Works 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training 7pm Adult Hip Hop	23 8am Total Body Movement 12:30 Little Dragons 3pm Senior Exercise	24 10am Yoga
<b>Zumba</b> Mon/Wed 6:45-7:45pm \$8 per class	26 8am Boot Camp 9:15 yoga 12:30 Ballet 3pm Senior Exercise 5:30 Barre Fitness 6:45 Zumba	27 8am Core Resistance 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training	28 8am Cardio Combo 3:00 Senior Exercise 5:30 Evening Yoga 6:45 Zumba	29 8am Body Works 10:30 Personal Training 12:30 Yoga 3pm Senior Aerobics 5:30 Personal Training 7pm Adult Hip Hop	30 8am Total Body Movement 12:30 Little Dragons 1pm Prenatal Yoga 3pm Senior Exercise	