

September 2020

Isle of Palms
Recreation Department
(843)886-8294 www.iop.net

Reservation Required for all Classes

- Payment Required to hold Reservations
- Zoom Classes Available: *Z: email kferrell@iop.net to participate

Cardio Room Open Monday – Friday 8am – 5pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga: Saturdays Limited to 9 people Reservation Required \$12 per class	Full Body Sculpt Limited to 9 \$10 per Class \$32 month	1 8:30 Core Strength *Z 9:45 Tai Chi 2:30 Over 50 Fitness	2 8am Suspension Train	3 8:30 Core Strength *Z 9:30 Line Dancing 2:30 Over 50 Fitness	4 8am Suspension Train 8:30 Barre *Z	5 10:00am Yoga *Z
Suspension Training Limited to 8 people \$10 per class \$40-8 classes/\$55-12classes	7 Recreation Center Closed	8 8:30 Core Strength *Z 9:45 Tai Chi 2:30 Over 50 Fitness 5:30 Full Body Sculpt	9 8am Suspension Train	10 8:30 Core Strength *Z 9:30 Line Dancing 2:30 Over 50 Fitness	11 8am Suspension Train 8:30 Barre *Z	12 10:00am Yoga *Z
Core Strength/Bosu Limited to 9 \$10 per class \$40-8 classes/\$55-12classes	14 8am Suspension Train 9am Core Strength/Bosu 5:30 Cardio & Core	15 8:30 Core Strength *Z 9:45 Tai Chi 2:30 Over 50 Fitness 5:30 Full Body Sculpt	16 8am Suspension Train	17 8:30 Core Strength *Z 9:30 Line Dancing 2:30 Over 50 Fitness	18 8am Suspension Train 8:30 Barre *Z	19 10:00am Yoga *Z
Barre Limited to 6 \$10 per class \$32 month	21 8am Suspension Train 9am Core Strength/Bosu 5:30 Cardio & Core	22 8:30 Core Strength *Z 9:45 Tai Chi 2:30 Over 50 Fitness 5:30 Full Body Sculpt	23 8am Suspension Train	24 8:30 Core Strength *Z 9:30 Line Dancing 2:30 Over 50 Fitness	25 8am Suspension Train 8:30 Barre *Z	26 10:00am Yoga *Z
Over 50 Fitness Limited to 6 \$10 per class	28 8am Suspension Train 9am Core Strength/Bosu 5:30 Cardio & Core	29 8:30 Core Strength *Z 9:45 Tai Chi 2:30 Over 50 Fitness 5:30 Full Body Sculpt	30 8am Suspension Train	Tai Chi Limited to 9 \$10 per class	Line Dancing Limited to 12 \$5 per class	Cardio & Core Limited to 9 \$10 per Class \$32 month

