

BCH&F is the only club offering over 40 group exercise and Small Group Training classes every week.

Classes and instructors may be changed without time for announcements.

6:00AM SPINNING (45)
8:00AM STRETCH (45)
9:00AM BODY PUMP
11:00AM BARRE/BODY (45)
4:00PM WERK
5:00PM BODY FLOW
6:00PM BODY PUMP

TUESDAY

7:15AM SPINNING (45)
8:15AM CX-WORX (30)
9:00AM SPINNING (45)
10:00AM WERK
4:30PM ZUMBA
5:30PM BARRE/BODY (45)

WEDNESDAY

6:00AM SPINNING (45)
7:30AM YOGA
9:00AM BODY PUMP
10:00AM YOGA
11:00AM BARRE/BODY (45)
4:00PM WERK
5:00PM BODY FLOW
6:00PM BODY PUMP

THURSDAY

7:15AM SPINNING (45)
8:15AM CX-WORX (30)
9:00AM SPINNING (45)
10:00AM WERK
4:30PM ZUMBA
5:30PM BARRE/BODY (45)

FRIDAY

6:30AM SHRED / Total Fit
7:30AM YOGA
9:00AM STEP/SCULPT
10:00AM YOGA

SATURDAY

7:00AM TURBO-HIIT (30)
High Intensity Cycling
7:45AM SPINNING (45)
8:45AM SPINNING (45)
10:00AM BODY PUMP
11:00AM ZUMBA
12:00PM BODY FLOW

Sign-Up for SPINNING opens when the club opens **the day before the scheduled class.**

843-681-6161

info@beachcityfitness.com

facebook/beachcityfitness

SPINNING®	Indoor Cycling (45min)
STRETCH	Total Body Stretching (45min)
BODYPUMP	Full Body Strength (55min)
BARRE/BODY	Strength-Conditioning- Balance-Posture(45)
WERK	Dance-Based Fitness with BLASTS of exercise/ Contemporary (55)
BODYFLOW	TaiChi, Pilates, and Yoga in a non-stop format (55)
CX-WORX	Core. Intense (30)
ZUMBA®	Dance-Based Fitness/ Latin (55)
YOGA	Fitness-styles for all levels (55) GENTLE YOGA for beginners & RX
SHRED	BootCamp-style training (45)
STEP/SCULPT	Step CV and Sculpting (55)
TURBO-HIIT	High Intensity Interval Training on indoor cycle (30)

BCH&F is:

LES MILLS International Center and licensed for BODYPUMP, BODYFLOW, CXWORX, SH'BAM, BODYJAM, and SPRINT.

ZUMBA Certified and ZIN™ Location.

SPINNING Certified International Center.

Small Group Training courses are available and subject to change depending on interest and trainer availability.

