

PALMETTO BLUFF

Canoe Club Exercise Class Schedule*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 a.m. – 8:15 a.m.						Spinning <i>Keene</i>	
9:00 a.m. – 10:00 a.m.		Yoga <i>Barbara</i>				Yoga <i>Joan</i>	Yoga <i>Michelle</i>
10:30 a.m. – 11:30 a.m.	Prop Pilates <i>Jackie</i>						
11:00 a.m. – 12:00 p.m.					Tone & Stretch <i>Jackie</i>		

Spinning - Throughout the class, the instructor will cue participants to change the resistance to simulate going up and down hills and will even get out of the seat to “climb” or sprint. Spin can be very challenging, but the beauty of this type of workout is that it can be geared to any fitness level. Experienced cyclists can ride right next to spin newbies because YOU control the resistance, thus, the intensity of the workout.

Yoga - Yoga is a vigorous, graceful, and dynamic class that works on breathing and body movement. Yoga develops strength, flexibility, endurance, poise, and beauty.

Prop Pilates - This class incorporates balls, bands and or Pilates Rings into basic Pilates exercises in order to strengthen your core muscles. Each class will focus on proper body alignment, breathing, coordination and relaxation.

Tone & Stretch - With various types of equipment, this session offers a total body strengthening and stretching session that will increase your muscle tone and make you stronger all over.

Instructors

Barbara Margotta
Joan McCann
Keene Reese
Michelle Smith
Jackie Spindel

Available Services

Personal Trainer
Private Classes
Personal Pilates Instruction
Swim Lessons

Hours of Operation

Fitness Equipment Room: 7:00 a.m. – 8:00 p.m.
Swimming Pool: 9:00 a.m. – 8:00 p.m. or dusk, which ever is earlier

For additional information or to schedule a service, please contact 843-706-6608.

*Effective June 27, 2008. Schedule is subject to change, please confirm times with a staff member.