



PEPPER GEDDINGS RECREATION CENTER



3205 OAK STREET ~ MYRTLE BEACH, SC ~ (843) 918-2280

To participate in a class you have the option to purchase a 24 visit **Fitness Class Punch Card** or pay for a single class.

Fees: 24 Visit Punch Card - \$28 City Resident / \$50 Non-City Resident

Single Class Visit - \$4 City Resident / \$10 Non-City Resident.

Fitness Class Punch Cards can be used at ALL City Recreation Centers and do not expire.

GROUP FITNESS CLASS SCHEDULE FALL 2017

(SCHEDULE BEGINS TUESDAY, SEPTEMBER 5TH)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45-7:30am Cardio & Strength** with Nick Aerobics Room	8:00-8:45am B Fit** with Joanne Aerobics Room	6:45-7:30am Cardio & Strength** with Nick Aerobics Room	8:00-8:45am Cardio Kickboxing** with Joanne Jr. Gym	6:45-7:30am Cardio & Strength** with Nick Aerobics Room	
X	9:00-9:45am Pilates** with Linda Aerobics Room	8:00-8:45am Circuit Training** with Nick Aerobics Room	9:00-9:45am Pilates** with Linda Aerobics Room	8:00-8:45am Total Abs** with Nick Aerobics Room	
NEW CLASS COMING SOON!!!	9:00-9:45am Move & Groove** with Sandee Room 3	9:00-9:45am Ballet Stretch* with Sandee Aerobics Room	9:00-9:45am Yoga Release** with Joanne Room 3	9:00-9:45am Gentle Sculpt* with Sandee Aerobics Room	9:00-9:45am B Fit** with Joanne Aerobics Room
9:00-9:45am Weight Training** with Nick Weight Room	10:00-10:45am Ballet Stretch* with Sandee Room 3	9:00-9:45am Beginner Weights* with Nick Weight Room	10:00-10:45am Cardio Sit, Stretch, & Tone* with Joanne Aerobics Room	9:00-9:45am Weight Training** with Nick Weight Room	9:00-10:00am Healthy Heroes <i>(Pre-Registration Required)</i>
10:00-10:45am QiGong* with Linda Jr. Gym	10:00-10:45am Yoga Release** with Joanne Aerobics Room	10:00-10:45am Gentle Sculpt* with Sandee Aerobics Room	10:00-10:45am ZUMBINI <i>(Pre-Registration Required)</i>	10:00-10:45am QiGong* with Linda Jr. Gym	
11:00-12:00pm Gold-N-Fit* with Linda Jr. Gym	11:00-11:45am Creative Movement <i>(Pre-Registration Required)</i>	10:00-10:45am QiGong* with Linda Jr. Gym	X	11:00-12:00pm Gold-N-Fit* with Linda Jr. Gym	10:00-11:00am Yoga Release** with Joanne Aerobics Room
3:00-4:00pm Just For You Fitness* with Wendy Aerobics Room	X	11:00-12:00pm Gold-N-Fit* with Linda Jr. Gym	X	10-11:30am Adult Ballet, Tap, & Jazz <i>(Pre-Registration Required)</i>	10:00-10:45am Weight Training** with Nick Weight Room
4:15-5:30pm Teen Dance Lessons <i>(Pre-Registration Required)</i>	4:00-4:45pm Zumba Kids <i>(Pre-Registration Required)</i>	3:00-4:00pm Just For You Fitness* with Wendy Aerobics Room	3:00-5:00pm Kids Ballet, Tap, & Jazz <i>(Pre-Registration Required)</i>		
5:30-6:15pm Cardio Bootcamp*** with Sam Jr. Gym	5:30-6:15pm BOSU** with Linda Aerobics Room	4:15-5:00pm ZUMBINI <i>(Pre-Registration Required)</i>	5:30-6:15pm Move & Groove** with Sandee Aerobics Room		
5:30-6:15pm Core Training** with Wendy Room 3		5:30-6:15pm Strength Bootcamp*** with Sam Jr. Gym			
5:30-7:00pm Adult Ballet, Tap, & Jazz <i>(Pre-Registration Required)</i>		5:30-6:15pm Hatha Yoga** with Margaret Aerobics Room			

CLASS LEVEL SCALE

EACH CLASS IS GIVEN A 1-3 STAR RATING. DESCRIPTIONS FOR EACH LEVEL ARE BELOW:

- * = BEGINNER AND/OR LOW IMPACT
- ** = MODERATE TO INTERMEDIATE
- *** = HIGH INTENSITY OR HIGH IMPACT
(SOME EXERCISE EXPERIENCE REQUIRED)

**Classes requiring Pre-Registration are not included on the Fitness Class Punch Card. Please see the Front Desk for registration information or to sign up for a program!*

FITNESS CLASS DESCRIPTIONS

B Fit:** A fun, muscle toning class that uses balls, bars, kettle'bella', bands, and BOSU's.

Ballet Stretch*: Enjoy a gentle flow of ballet techniques that combine balance, stretching, and toning. No ballet experience necessary.

Beginner Weights*: A weight lifting class designed for those who are learning or are new to using weight room equipment.

BOSU:** BOSU is a balance and stability tool used to improve core strength. Try this class for a fun cardio & strength workout.

Cardio Bootcamp*:** A high intensity interval training class designed to improve cardio health and endurance.

Cardio Kickboxing:** Have a blast in this high energy aerobic class! Optional Kickboxing bags to add resistance while you kick and punch!

Cardio & Strength:** This high intensity class combines cardio exercises with strength training for a full body workout.

Cardio Sit, Stretch, & Tone*: A low impact cardio class infused with gentle yoga, stretching, and lengthening exercises. All exercises will be performed with the option to use a chair for stability.

Circuit Training:** Stations set up are designed to focus on total body fitness training, cardio, and core strengthening.

Core Training:** Improve core strength, stability, and flexibility using body resistance, posture alignment, balance, and weights.

Gentle Sculpt*: Tired of using weights for toning? Join this class and use your own body weight to build strength and tone muscles.

Gold-N-Fit:** Keep active and stay young at heart! Enjoy a fun class using light hand weights for strength training, stretching, and relaxation all while using a chair for balance.

Hatha Yoga:** This challenging, fast paced Yoga class will help to improve balance, strength, and flexibility.

Just For You Fitness*: A fitness program designed to be a full body workout using light hand weights and resistance bands. This class is specifically for seniors, beginners to fitness, or anyone recovering from an injury.

Move & Groove:** This up-beat class includes easy cardio dance moves with low impact combinations for fun and fitness!

Pilates:** This core-centric workout, designed by Joseph Pilates, combines strength and flexibility with the mind-body connectivity for a full body workout and relaxation.

QiGong*: pronounced (CHEE-GONG), this gentle form of exercise includes slow, fluid movement, deep breathing, and meditation.

Strength Bootcamp*:** A high intensity interval training class designed to improve and build strength.

Total Abs:** Focus on exercises that will be sure to work your abdominals and obliques.

Weight Training:** Increase strength and sculpt your whole body using the weight room resistance machines.

Yoga Release:** This relaxing Yoga class will combine strength, flexibility, and balance exercises to release tension in your body.

Fitness Class Procedures

1. Check in at the front desk before attending a class. Sign in when you get to the class.
2. Participants for fitness classes must be 18 years or older.
3. Cell phone use during class instruction is not permitted. If you have to use your phone please leave the room.
4. All classes are subject to cancellation or changes. Instructors have the right to cancel any class due to low attendance.
5. Fitness class punch cards can only be used by the cardholder and cannot be shared.
6. No food or drinks (except water) are allowed in the fitness areas.
7. For classes that required Pre-Registration please see the front desk for more information.

FALL DANCE PROGRAMS

(Pre-Registration Required for all Dance Programs)

- **Adult Ballet, Tap & Jazz Dance Lessons**

Begins Sept. 25, Mondays 5:30-7pm or Fridays 10-11:30am
\$25 City Residents/ \$45 Non-City Residents

- **Creative Movement** dance class for kids ages 3-5

Begins Oct. 3, Tuesdays 11-12pm
\$15 City Residents/ \$25 Non-City Residents

- **Kids Ballet, Tap, & Jazz Dance Lessons**

Begins Sept. 28, Thursdays
K-2nd grades 3-4pm, 3rd-5th grades 4-5pm
\$25 City Residents/ \$45 Non-City Residents

- **Teen Dance Lessons** Ballet, Tap, & Jazz for grades 6-12

Begins Sept. 28, Mondays 4:15-5:30pm
\$25 City Residents/ \$45 Non-City Residents

- **ZUMBINI** Music and Dance class for kids 0-3 and their caregiver

Begins Oct. 11, Wednesdays 4:15pm or Thursdays 10-10:45am
\$60 City Residents/ \$80 Non-City Residents

- **ZUMBA Kids** Dance class for kids 5-11 yrs.

Begins Oct. 3, Tuesdays 4-5pm
\$25 City Residents/ \$45 Non-City Residents