



CITY OF MYRTLE BEACH - SPRING FITNESS CLASS SCHEDULE

To participate in fitness classes, you have the option to purchase a 24-visit Fitness Class Punch Card or pay per class. **Punch Card Fees:** \$28.00 for City Residents / \$50.00 for Non-City Residents
Single Class Visit: \$4.00 for City Residents / \$10.00 for Non-City Residents.

A FITNESS CLASS PUNCH CARD CAN BE USED AT ALL CITY RECREATION CENTERS.

City of Myrtle Beach Recreation Locations:

CRABTREE MEMORIAL GYM
 1004 Crabtree Lane
 (843) 918-2355

**GENERAL ROBERT REED
 RECREATION CENTER**
 800 Gabreski Lane
 (843) 918-2380

**MARY C. CANTY
 RECREATION CENTER**
 971 Canal Street
 (843) 918-1465

**PEPPER GEDDINGS
 RECREATION CENTER**
 3205 N. Oak Street
 (843) 918-2280

The class schedule is color coordinated with the locations listed above.

MONDAY

7:00-7:45am	Group Cycling+	Crabtree Gym
7:15-8:00am	Fitness Crunch+	Crabtree Gym
8:00-8:45am	Sweatin' with Sandi+	PG Pool
8:15-9:15am	Full Body Workout**	Crabtree Gym
8:30-9:15am	Beginner Body Torch+	Crabtree Gym
8:30-9:15am	Muscle Pump**	Crabtree Gym
9:00-9:45am	Ballet Stretch+	Pepper Geddings
9:00-9:45am	Turbo 30+	Pepper Geddings
9:00-9:45am	HydroAerobics+	PG Pool
9:30-10:15am	Beginner Full Body*	Crabtree Gym
9:45-10:30am	Chair Yoga+	Gen. Robert Reed
10:00-10:45am	QiGong+	Pepper Geddings
10:00-10:45am	Retro Cardio+	Pepper Geddings
10:00-10:45am	Deep Stretch+	Pepper Geddings
10:00-10:45am	Jivin' Joints+	MCC Pool
10:15-11:00am	A.M. Body Blast**	Crabtree Gym
11:00-11:45am	Basic Yoga*	Gen. Robert Reed
11:00-12:00pm	Gold-N-Fit+	Pepper Geddings
11:15-12:00pm	Yin Yoga**	Crabtree Gym
12:00-12:45pm	Muscle Pump**	Crabtree Gym
12:15-12:45pm	Common Core+	Mary C. Canty
1:00-1:45pm	Mid Day Motion+	Mary C. Canty
4:30-5:15pm	Body Torch**	Crabtree Gym
6:00-6:45pm	Boot Camp**	Crabtree Gym

TUESDAY

6:45-7:30am	Spin**	Pepper Geddings
7:00-7:45am	Group Cycling+	Crabtree Gym
8:00-8:30am	Cardio Express**	Crabtree Gym
8:00-8:45am	Box & Burn**	Pepper Geddings
8:30-9:15am	Fitness Crunch+	Crabtree Gym
9:00-9:45am	Off the Deep End+**	PG Pool
9:00-9:45am	Beginners Yoga+	Crabtree Gym
9:00-9:45am	Yoga Release**	Pepper Geddings
9:30-10:15am	Cardio Dance+	Crabtree Gym
10:00-10:45am	Aqua Tabata+**	PG Pool
10:00-10:45am	Yoga for You+	Pepper Geddings
10:30-11:15am	Rowing+	Crabtree Gym
10:30-11:15am	Seated Fitness*	Gen. Robert Reed
1:00-1:45pm	Lift at Lunch**	Mary C. Canty

TUESDAY continued

2:00-2:45pm	Walk/Run Club+	Mary C. Canty
5:30-6:00pm	Rapid Ride+	Crabtree Gym
6:00-6:45pm	PiYo**	Crabtree Gym
6:00-7:00pm	Get in Shape+	Mary C. Canty

WEDNESDAY

7:00-7:45am	Group Cycling+	Crabtree Gym
7:15-8:00am	Fitness Crunch+	Crabtree Gym
8:00-8:45am	Sweatin' with Sandi+	PG Pool
8:00-8:45am	Ball Body Sculpt*	Pepper Geddings
8:15-9:15am	Full Body Workout**	Crabtree Gym
8:15-9:15am	Pedaling for Parkinson's+	Crabtree Gym
8:30-9:15am	Beginner Body Torch+	Crabtree Gym
8:30-9:15am	Muscle Pump**	Crabtree Gym
9:00-9:45am	Cardio Sculpt+	Pepper Geddings
9:00-9:45am	Pilates**	Pepper Geddings
9:00-9:45am	HydroAerobics+	PG Pool
9:30-10:15am	Beginner Full Body*	Crabtree Gym
9:45-10:30am	Chair Yoga+	Gen. Robert Reed
10:00-10:45am	Get Back Your Life**	Pepper Geddings
10:00-10:45am	Cardio Dance+	Pepper Geddings
10:00-10:45am	QiGong+	Pepper Geddings
10:00-10:45am	Jivin' Joints+	MCC Pool
10:15-11:00am	A.M. Body Blast**	Crabtree Gym
10:30-11:15am	Zumba+	Crabtree Gym
11:00-11:45am	Basic Yoga*	Gen. Robert Reed
11:00-12:00pm	Gold-N-Fit+	Pepper Geddings
12:00-12:45pm	Muscle Pump**	Crabtree Gym
12:15-12:45pm	Common Core+	Mary C. Canty
1:00-1:45pm	Mid Day Motion+	Mary C. Canty
4:30-5:15pm	Body Torch**	Crabtree Gym
5:30-6:30pm	Heartbreaker Workout+	Crabtree Gym
6:00-6:45pm	Boot Camp**	Crabtree Gym

Continued on the back...



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THURSDAY

6:45-7:30am	Spin**	Pepper Geddings
7:00-7:45am	Group Cycling+	Crabtree Gym
8:00-8:30am	Cardio Express**	Crabtree Gym
8:00-8:45am	Beginner Full Body*	Pepper Geddings
8:30-9:15am	Fitness Crunch+	Crabtree Gym
9:00-9:45am	Off the Deep End+**	PG Pool
9:00-9:45am	Boot Camp**	Pepper Geddings
9:00-9:45am	Beginner Yoga+	Crabtree Gym
9:30-10:15am	Throwback Thursday+	Crabtree Gym
10:00-10:45am	Aqua Tabata+**	PG Pool
10:30-11:15am	Rowing+	Crabtree Gym
10:30-11:15am	Seated Fitness*	Gen. Robert Reed
12:00-12:45pm	Ride & Renew**	Crabtree Gym
1:00-1:45pm	Lift at Lunch**	Mary C. Canty
2:00-2:45pm	Walk/Run Club+	Mary C. Canty
5:30-6:15pm	Inner Bliss Meditation	Crabtree Gym
6:00-6:45pm	Zumba+	Crabtree Gym
6:00-7:00pm	Get in Shape+	Mary C. Canty

FRIDAY

7:00-7:45am	Group Cycling+	Crabtree Gym
8:00-8:45am	Sweatin' with Sandi+	PG Pool
8:15-9:15am	Full Body Workout**	Crabtree Gym
8:15-9:15am	Pedaling for Parkinson's+	Crabtree Gym
8:30-9:15am	Beginner Body Torch+	Crabtree Gym
8:30-9:15am	Muscle Pump**	Crabtree Gym
9:00-9:45am	Ballet Stretch+	Pepper Geddings
9:00-9:45am	HydroAerobics+	PG Pool
9:00-9:45am	Tabata/Boot Camp	Pepper Geddings
9:30-10:15am	Beginner Full Body*	Crabtree Gym
10:00-10:45am	QiGong+	Pepper Geddings
10:30-11:15am	Yin Yoga**	Crabtree Gym
11:00-11:45am	Intermediate Yoga**	Gen. Robert Reed
11:00-12:00pm	Gold-N-Fit+	Pepper Geddings
5:30-6:15pm	Diva Dance**	Crabtree Gym

SATURDAY

9:00-9:45am	Zumba+/Cardio Dance+	Crabtree Gym
9:00-9:45am	Group Cycling+	Crabtree Gym
9:00-9:45am	Box & Burn**	Pepper Geddings
10:00-11:00am	Yoga Release**	Pepper Geddings
10:30-11:00pm	Rowing+	Crabtree Gym

Class Level Scale:

- + All levels
- *Beginner or Low Impact
- ** Moderate to Intermediate
- *** High Intensity or High Impact

Fitness Class Procedures

- **RESERVATIONS ARE REQUIRED FOR ALL FITNESS CLASSES.** Call to make your reservations or visit our website www.myrtlebeachprst.com to book your class.
- You may reserve fitness classes up to 6 days in advance.
- To cancel your reservation, remove yourself from the online reservation up to 4 hours before start of class or call 1 hour prior to the start of class. *Penalty for not cancelling will result in a missed class punch.*
- Punch cards can only be used by one cardholder.
- Punch cards can be used at all City Recreation Centers.
- Must be 18 or older to attend group fitness classes (unless otherwise noted).
- Fitness class sizes may be limited based on location of the class.
- Recreation Centers reserve the right to remove any class from the schedule due to low attendance.
- If a class you are signed up for is cancelled or removed you will be notified via email from schedulicity.com.

Please check out our website at
[www.myrtlebeachPRST.com!](http://www.myrtlebeachPRST.com)

