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EVERYONE STARTS SOMEWHERE.

If you've ever wanted to feel more confident in the weight room but weren't sure where to begin, this class is for you. Designed for ages 15–45, our Weightlifting for Beginners program provides a supportive, judgment-free environment where you'll learn proper lifting techniques, safe gym practices, and how to make the most of your workouts.

It doesn't matter if you've never picked up a dumbbell or you're ready to move beyond basic workouts, our instructors will help you build confidence, improve your form, and create a strong foundation for long-term fitness success. Over five weeks, you'll gain practical skills that you can use every time you step into a gym. Your fitness journey doesn't have to start perfectly—it just has to start.

Fridays at Burton Wells Rec Center, 5:30 - 6:30PM | September 18 – October 16, 2026
\$25 for all 5 sessions

Questions? Email Tyrone Washington at tyrone.washington@bcgov.net.

BURTON WELLS RECREATION CENTER 843-255-6680
M-F, 8AM-8PM / SAT-SUN, 8AM-4PM

Shortcut to
registration 

