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FINALLY... A WORKOUT THAT DOESN'T REQUIRE FINDING A BABYSITTER.

Finding the time to work out isn't the hard part... it's finding a workout that actually fits your life. That's why S.L.A.M. (Sweat Like a Mother) was designed with real life in mind.

- ✂ High-energy HIIT workouts
- ** Strength, agility & core training
- 😊 Pregnancy- and postpartum-friendly modifications
- ♥ Kids are welcome to come with their parent—no babysitter required!

If you've been looking for a supportive workout that's challenging, encouraging, and actually fits your schedule, this is it. Because when you take care of yourself, everyone around you benefits. Pay just \$12 per class or **SAVE BIG** by purchasing the entire month for only \$65!

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

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