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CHAIR FITNESS, BUT MAKE IT FUN

Who says workouts have to be boring? Not us! This low-impact chair fitness class starting August 5 is all about moving, grooving, and proving that age is just a number. Our fun, low-impact chair fitness class keeps you moving, laughing, and feeling your best—all while staying comfy and supported. No extra cost—just pay your regular facility fee!

Gentle moves that sneak in strength & balance

Boosts flexibility, energy & circulation (yep, while sitting!)

Safe, social, and way more fun than another rerun of Wheel of Fortune

Ages 55+

Wednesdays at Charles Lind Brown Rec Center, 11:15AM - 12:15PM

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

CHARLES "LIND" BROWN RECREATION CENTER 843-255-6797
M-F, 11AM-7PM / SAT, 8AM-4PM / SUN, CLOSED

Shortcut to
information

