Charles "Lind" Brown Recreation Center 843-255-6797

Open M-F, 11am-7pm Sat, 8am-4pm





GET MORE INFORMATION HERE

Chair Fitness, But Make It Fun!

Who says workouts have to be boring? Not us! This low-impact chair fitness class 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 fancy gear. No pressure. Just a friendly class that helps you feel better, stronger, and more in control of your health.

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

Adult Aerobics · Adult Baseball · Adult Dance Classes · Adult Fitness Classes · Adult Soccer · Adult Basketball Adult Softball · Adult Water Aerobics · Adult Volleyball · Adult Kickball · Adult Swim Lessons · Adult Yoga Classes Adult Tennis Lessons · American Red Cross Lifeguard, CPR & First Aid, Water Safety Instructor Classes · Scuba Certification Weight Rooms · Room Rentals · Field, Court, Facility, Playground, and Pool Rentals · Indoor & Outdoor Basketball Courts Tennis Courts · Pickleball Courts · Youth Basketball · Youth Baseball · Youth Softball · Youth Flag Football · Youth Lacrosse Youth Soccer · Youth Martial Arts · Youth Cheerleading · Youth Tennis Lessons · Youth Summer Camps · Special Events Sponsorship Opportunities · Community Instructor Opportunities · Walking Paths and Tracks · Dog Parks · Skate Park Referee & Official Training Opportunities · Slip & Splash Inflatable Obstacle Courses · Ninja Courses · Swim Teams Indoor & Outdoor Pools · 60 & Better Senior Programs · Volunteer Coaching Opportunities · Employment Opportunities