

Burton Wells Rec Center  
843-255-6680  
Monday - Friday, 8am-8pm  
Saturday & Sunday, 8am-4pm



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To register, get prices, and see hours of operation

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First time in the weight room? Perfect.

If you've ever walked into a gym thinking, "Where do I even start?" — this class was built for you. Our Weightlifting for Beginners program is designed to help you learn the basics, build confidence, and actually understand how to maximize your time in the weight room.

No intimidation. No ego. Just practical guidance and real progress.

**Burton Wells Rec Center Weight Room, Fridays, 4:00-5:00 PM**

March 20  March 27  April 10  April 17  April 24

No class April 3

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 • DIY Workshops  
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