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To register and see hours of operation

BCSCREC.COM



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SWEAT NOW, SPARKLE LATER!

No extra class fee. No complicated sign-ups. Just show up and move.

This instructor-led class is designed so everyone can jump in and keep up. Expect good music, positive energy, and a workout that leaves you feeling accomplished—not defeated. This upbeat workout blends strength training, core work, and light cardio to help you feel stronger, leaner, and more energized. Bring water, a friend, and your “let’s do this” attitude.

Beginning August 4, 2026

Tuesdays at Burton Wells Rec Center || 5:30– 6:30 PM

Thursdays at Charles "Lind" Brown Rec Center || 5:00–6:00 PM

For inquiries, contact Tyrone Washington at tyrone.washington@bcgov.net.

BURTON WELLS RECREATION CENTER 843-255-6680

M-F, 11AM-7PM / SAT, 8AM-4PM / SUN, 8AM-4PM

CHARLES "LIND" BROWN RECREATION CENTER 843-255-6797

M-F, 11AM-7PM / SAT, 8AM-4PM / SUN, CLOSED

Shortcut to
information 

