Burton Wells Rec Center
843-255-6680

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

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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.

Tuesdays: 12:00 - 12:55pm & 5:00 - 5:55pm at Burton Wells Rec Center
Thursdays: 12:00 - 12:55pm & 5:00 - 5:55pm 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