

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

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



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To register, get prices, and see hours of operation

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Want to Move Easier, Stand Taller, & Feel Amazing?

Meet Flex & Flow—our balance + core-focused class that's here to help you move through life with ease. Whether you want to improve your posture, protect yourself from falls, or simply feel more confident in the way you carry yourself, this class is your new secret weapon.

Fridays | 5:00 PM - 5:55 PM at Charles "Lind" Brown Rec Center

- ☐ No extra cost—just your regular facility fee
- ☐ Guided exercises that strengthen your core (your body's powerhouse!)
- ☐ Improved flexibility so you can bend, reach, and stretch with confidence
- ☐ Better posture & body alignment (say goodbye to slouching)

Think of these classes as building your foundation so everything else in life feels easier, smoother, and more in control.

And here's the best part: you don't need to be an athlete to benefit. This class is welcoming to ALL fitness levels, and every movement can be adjusted to fit your comfort and pace.

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