

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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Adults Xtreme Hip Hop

Step Aerobics Thursday evenings at Burton Wells Rec Center



REGISTER AND GET MORE INFORMATION HERE

Level up your cardio and have fun doing it.

Xtreme Hip Hop is a high-energy, music-driven step aerobics class designed to support adult health and wellness in an exciting, motivating environment. This isn't your old-school step class—this is movement with rhythm, confidence, and serious energy. We move our feet to the beat, combining structured step choreography with heart-pumping cardio that builds endurance, coordination, and strength. It doesn't matter if you're returning to fitness or looking to intensify your routine, this class will meet you where you are—and push you forward. Only 10 participants will be admitted per 1-hour session to maintain a focused, high-energy experience. Registration is available in person, but classes may fill in advance through online enrollment.

Multiple sessions at Burton Wells Rec Center, every other Thursday, 6:30-7:30 PM

- March 12 through September 24
- ☐ Select your preferred date(s) when you register
 - ☐ Only \$10 per 1-hour session
 - ☐ Limited Spots
 - ☐ No class on June 4 and June 11

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