



# 2019

## Goose Creek Class Schedule

98 Davenport Street, Goose Creek, SC 29445

Phone: (843) 797-1777

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	<b>Insanity</b> <i>Val</i>	<b>Total Body Conditioning</b> <i>Val</i>	<b>P90X</b> <i>Val</i>	<b>Stations</b> <i>Val</i>		

5:45 pm	<b>15 Minute Solo Warm-up</b> <i>Recommended</i>	<b>15 Minute Solo Warm-up</b> <i>Recommended</i>	<b>15 Minute Solo Warm-up</b> <i>Recommended</i>	<b>15 Minute Solo Warm-up</b> <i>Recommended</i>		
6:00 pm	<b>Total Body Conditioning</b> <i>Val</i>	<b>Total Body Conditioning</b> <i>Val</i>	<b>Stations</b> <i>Val</i>	<b>Plyo</b> <i>Val</i>		

- **Insanity:** Your body will supply the resistance and weight to burn more calories than you thought possible.
- **P90X:** Training program that uses cross-training and periodization.
- **Plyo:** exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (
- **Total Body Conditioning:** Targeted body –sculpting exercises incorporating dumbbells, step, balls and other equipment.
- **Stations:** Various exercises set up to create a sculpted body.

Last updated 11/8/18

<p><b>Business Hours</b>  <b>Monday - Friday</b>            9am - 7:30pm  <b>Saturday</b>            10 am - 5 pm  <b>Sunday</b>            12 pm - 5 pm</p>
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