



Exercise Classes

EnhanceFitness

EnhanceFitness is a free, low intensity, non-impact class that includes basic aerobic movements and toning exercises, geared for older adults with low endurance and balance limitations. For more information or to register, call (843) 724-2489.

Bee's Landing Recreation Center

Tuesdays, Thursdays, Fridays, 2 – 3 p.m.

Moncks Corner Baptist Church

Mondays, Wednesdays, Fridays, 9 – 10 a.m.

Sit and Fit

Exercising while seated in a chair is good for those with balance issues or a history of falls. For more information or to register, call (843) 402-4571.

Bee's Landing Recreation Center

Tuesdays and Thursdays, 12:45 – 1:45 p.m.

Strength Training with Resistance Bands

This full body strength training class will introduce you to different exercises and resistance bands. For more information or to register, call (843) 402-2273.

Roper St. Francis Cancer Center

Board Room, 1st Floor

Tuesdays, August 21 – September 25

\$30/series

Fridays, July 13 – August 31

\$40/series

Fridays, September 7 – 28

\$20/series

Tai Chi

Join us for this class that will teach you the ancient system of gentle Tai Chi movements. For more information or to register, call (843) 402-2273.

Roper St. Francis Cancer Center

Board Room, 1st Floor

Mondays, September 10 – 24, 10 – 10:45 a.m.

\$15/series