

JANUARY, 2018

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Monday

6am SPINNING  
 8am STRETCH  
 9am BODY PUMP  
 11am BARRE/BODY  
 5pm BODY FLOW  
 6pm BODY PUMP

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 8am STRETCH  
 9am BODY PUMP  
 11am BARRE/BODY  
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 6pm BODY PUMP

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 8am STRETCH  
 9am BODY PUMP  
 11am BARRE/BODY  
 5pm BODY FLOW  
 6pm BODY PUMP

Tuesday

7:15am SPINNING  
 8:15am CX-WORX (30)  
 9:00am SPINNING  
 4:30pm ZUMBA  
 5:30pm BARRE/BODY (45)

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 5:30pm BARRE/BODY (45)

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7:15am SPINNING  
 8:5am CX-WORX (30)  
 9:00am SPINNING  
 4:30pm ZUMBA  
 5:30pm BARRE/BODY (45)

Wednesday

6am SPINNING  
 7:30am YOGA  
 9:00am BODY PUMP  
 10:00am YOGA  
 11:00am BARRE/BODY  
 5pm BODY FLOW  
 6pm BODY PUMP

Wednesday

6am SPINNING  
 7:30am YOGA  
 9:00am BODY PUMP  
 10:00am YOGA  
 11:00am BARRE/BODY  
 5pm BODY FLOW  
 6pm BODY PUMP

Wednesday

6am SPINNING  
 7:30am YOGA  
 9:00am BODY PUMP  
 10:00am YOGA  
 11:00am BARRE/BODY  
 5pm BODY FLOW  
 6pm BODY PUMP

Thursday

7:15am SPINNING  
 8:15am CX-WORX (30)  
 9:00am SPINNING  
 4:30pm ZUMBA  
 5:30pm BARRE/BODY (45)

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Friday

6:30am SHRED  
 7:30am YOGA  
 9:00am STEP-SCULPT  
 10:00am YOGA

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 7:30am YOGA  
 9:00am STEP-SCULPT  
 10:00am YOGA

Saturday

7:00am **TURBO (30)**  
**INTERVAL INTENSE**  
 7:45am SPINNING  
 8:45am SPINNING  
 10:00am BODY PUMP  
 11:00am ZUMBA  
 12:00pm BODY FLOW

Saturday

7:00am **TURBO (30)**  
**INTERVAL INTENSE**  
 7:45am SPINNING  
 8:45am SPINNING  
 10:00am BODY PUMP  
 11:00am ZUMBA  
 12:00pm BODY FLOW

Saturday

7:00am **TURBO (30)**  
**INTERVAL INTENSE**  
 7:45am SPINNING  
 8:45am SPINNING  
 10:00am BODY PUMP  
 11:00am ZUMBA  
 12:00pm BODY FLOW

CX = CORE INTENSE

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Sign Up Day Before to SPIN  
 and Day Before After 8:00am  
 For BARRE-BODY

Sign Up Day Before to SPIN  
 and Day Before After 8:00am  
 For BARRE-BODY

Sign Up Day Before to SPIN  
 and Day Before After 8:00am  
 For BARRE-BODY



39 Hospital Center Common  
Hilton Head Island, SC 29926  
843-681-6161  
[info@beachcityfitness.com](mailto:info@beachcityfitness.com)  
[www.beachcityfitness.com](http://www.beachcityfitness.com)

**Club Hours:**

Mon. - Thur.: 5am - 9pm  
Friday: 5am - 8pm  
Saturday: 7am - 5pm  
Sunday: 8am - 5pm

**Child Care Lounge Hours:**

Mon. - Fri.: 8am - 2pm  
Mon. - Thur: 4pm - 8pm  
Saturday: 8am - 1pm

BCH&F also offers **small group training** programs -- please ask at the front desk or call for information:

TRX - Body Weight Training  
SPRINT - HIIT Cycle Training  
SPARK - Early Morning Fitness  
WERKIN' - Dance Fitness Programs  
CHEMICAL HIGH - HIIT

A variety of Small Group Training programs are offered depending on time of year.

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SPINNING: 45-minute cycle  
BODY PUMP: Strength  
BODY FLOW: Pilates / Yoga Mix  
CX-WORX: 30-minute core specific  
BARRE: Ballet-Inspired Fitness  
YOGA: Fitness - Oriented Style  
ZUMBA: Latin Dance Fitness

SHRED: Boot Camp Style Workout  
TURBO: 30-Min HIIT - Cycling

Sign Ups Required For  
SPINNING, TURBO, BARRE

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