










Join us to celebrate Women's Health Week!
May 8th– 14th 2016

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May 7th Mom's Run 5k @ MUSC'S Health Stadium 7:00 A.M.</p> 	<p>May 9th Walk in Marian Square Corner of King and Calhoun St. 12:00 P.M.</p>  <p>MUSC Dietetic Eating/Snacking Healthy Demo AWCCC City Gym 265 Fishburne 6:30 P.M.</p> 	<p>May 10th Walk in Hampton Park Corner of Mary Murray and Cleveland St. 6:30 P.M.</p> 	<p>May 11th Walk in James Island Meet @ JI Recreation Complex 1088 Quail Dr. 4:30 P.M.</p>  <p>Free Fitness Class with Fit One Studios @ Ackerman Park 258 Bibb St. 6:30 P.M.</p>	<p>May 12th Walk in John's Island Meet @ Our Lady of Mercy's Parking lot 1684 Brownswood Rd. 12:00 P.M.</p> 	<p>May 13th Walk in West Ashley Greenway Meet @ Starbucks 6 Windermere Blvd. 7:30 A.M.</p> <p>Free Fitness Class @ Pivotal Fitness West Ashley 6:00 P.M.</p> 	<p>May 14th Healthy Lifestyles Network 5k/Jamboree @ City Gym and Hampton Park 8:30 A.M.</p>  <p>Stop by the Charleston's Farmers Market Marian Square 8–2:00 P.M.</p> 
<p>Sunday</p> <p>May 8th Happy Mother's Day Enjoy a stroll down King St. During 2nd Sunday!</p>						

Ladies, take the next steps towards a healthier you! Take the pledge by visiting: www.womenshealth.gov/nwhw

Check Lighten Up Charleston's Facebook throughout the week for updates!



National Women's Health Week



March 9	March 10	March 11
Monday	Tuesday	Wednesday
Pilates (HPP) 9:00-9:50am \$10/class Zumba Gold (BLRC) 9:30-10:30am \$5/class Zumba Gold (SJDCC) 11:00am-12:00pm \$5/class Raising the Barre (HPP) 4:15-5:15pm \$8/class Zumba Gold (AWCCC) 5:00-6:00pm \$5/class Raising the Barre (HPP) 5:30-6:30pm \$8/class Aerobics (JIRC) 5:35-6:35pm \$5/class Spin-Cinema (BLRC) 6:00pm-end \$5/class Tai Chi (AWCCC) 6:00-7:00pm \$5/class Zumba Fitness (BLRC) 6:30-7:30pm \$5/class	Aerobics (JIRC) 9:00-10:00am \$5/class Gentle Yoga (BLRC) 9:00-10:00am \$5/class Adult Fitness (AWCCC) 10:30-11:30am \$5/class Foundational Yoga (HPP) 12:00-1:00pm \$12/class Raising the Barre (AWCCC) 4:15-5:15pm \$8/class Raising the Barre (AWCCC) 5:30-6:30pm \$8/class Adult Fitness (AWCCC) 5:30-6:30pm \$5/class Yoga (JIRC) 6:00-7:00pm \$5/class Pilates (BLRC) 6:30-7:30pm \$5/class Zumba Toning (BLRC) 6:30-7:30pm \$5/class Capoeira (JIRC) 6:30-8:00pm \$5/class Zumba Fitness (JIRC) 7:30-8:30pm \$5/class	Pilates (HPP) 9:00-9:50am \$10/class Zumba Gold (BLRC) 9:30-10:30am \$5/class Zumba Gold (SJDCC) 11:00am-12:00pm \$5/class Raising the Barre (HPP) 4:15-5:15pm \$8/class Raising the Barre (HPP) 5:30-6:30pm \$8/class Aerobics (JIRC) 5:35-6:35pm \$5/class Capoeira (AWCCC) 6:00-7:00pm \$10/class Kripalu Yoga (BLRC) 6:30-7:30pm \$5/class Zumba Fitness (BLRC) 6:30-7:30pm \$5/class

Arthur W. Christopher
 Community Center (AWCCC)
 265 Fishburne St. 29403
 (843) 724-7338

Bees Landing Recreation
 Center (BLRC)
 1580 Ashley Gardens Blvd.
 29414
 (843) 402-4571

Hazel Parker Playground
 (HPP)
 70 East Bay St. 29401
 (843) 958-6485

James Island Recreation
 Complex (JIRC)
 1088 Quail Dr. 29412
 (843) 795-5678

St. Julian Devine
 Community Center (SJDCC)
 1 Cooper St. 29403
 (843) 724-7350

Recreation Main Office
 823 Meeting St.
 Charleston, SC 29403
 (843) 724-7327

National Women's Health Week



March 12	March 13	March 14
Thursday	Friday	Saturday
<p>Aerobics (JIRC) 9:00-10:00am \$5/class</p> <p>Gentle Yoga (BLRC) 9:00-10:00am \$5/class</p> <p>Foundational Yoga (HPP) 12:00-1:00pm \$12/class</p> <p>Raising the Barre (AWCCC) 4:15-5:15pm \$8/class</p> <p>Raising the Barre (AWCCC) 5:30-6:30pm \$8/class</p> <p>Adult Fitness (AWCCC) 5:30-6:30pm \$5/class</p> <p>Yoga (JIRC) 5:45-6:45pm \$5/class</p> <p>Spin-Cinema (BLRC) 6:00pm-end \$5/class</p> <p>Tai Chi (AWCCC) 6:00-7:00pm \$5/class</p> <p>Karate (AWCCC) 6:00-8:00pm \$35/month</p> <p>Zumba Combo (BLRC) 6:30-7:30pm \$5/class</p> <p>Acroyoga (AWCCC) 6:00-8:00pm \$35/month</p> <p>Zumba Fitness (JIRC) 7:00-8:00pm \$5/class</p>	<p>Pilates (HPP) 9:00-9:50am \$10/class</p> <p>Zumba Gold/Toning & Stretch (BLRC) 9:30-10:30am \$5/class</p> <div style="text-align: center;">  </div> <div style="border: 1px solid red; padding: 5px; text-align: center;"> <p>All classes are welcome for drop-ins and all skill levels!</p> <p>Any fee over \$5 must be paid with credit, check, or money order.</p> </div>	<p>Zumba Fitness (BLRC) 9:00-10:00am \$5/class</p> <p>Aerobics (JIRC) 9:30-10:30am \$5/class</p> <p>Kripalu Yoga (BLRC) 10:00-11:00am \$5/class</p> <p>Capoeira (JIRC) 12:30-2:30pm \$5/class</p> <p>Tai Chi (AWCCC) 1:00-2:00pm \$5/class</p> <div style="border: 1px solid red; padding: 5px; text-align: center;"> <p>Schedules are subject to change. For more information call a City of Charleston facility or visit us online at:</p> <p>www.charleston-sc.gov/recreation</p> </div>

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29414
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National Women's Health Week



Weight & Exercise Rooms

Arthur W. Christopher Community Center

265 Fishburne St. 29403 (843) 724-7338

Shaw Community Center

22 Mary St. 29403 (843) 577-4860

St. Julian Devine Community Center

1 Cooper St. 29403 (843) 724-7350

Memberships to weight & exercise rooms are \$50/year and lockers are available to rent. For more information call the facility you wish to attend.



Open Gym Basketball & Volleyball

Bees Landing Recreation Center

1580 Ashley Gardens Blvd. 29414 (843) 402-4571

Stop by Bees Landing Recreation Center for open gym basketball & volleyball during designated hours. All ages and skill levels can attend. Purchase a day pass for \$5 or a year membership. City Residents can purchase a year membership for \$15 or Non-City Residents can purchase a year membership for \$30.

Monday 8:30am-9:00pm

Tuesday 8:30am-9:00pm

Wednesday 8:30am-9:00pm & 7:45-9:00pm *Volleyball*

Thursday 8:30am-9:00pm

Friday 8:30am-6:00pm

Saturday 8:30am-4:00pm

Open Gym hours are subject to change seasonally. Membership includes use of treadmills and elliptical. There are no other weight room equipment machines.

National Women's Health Week



Aquatics!

Call for information about daily swim passes!

W.L. Stephens Aquatic Center

780 W. Oak Forest Dr. 29407 (843) 769-8261

Join us at W.L. Stephens Pool for water fitness classes! See the schedule below and stop by with your swimsuit.

Monday-Friday 8:00-8:45am

Monday-Saturday 9:00-9:45am

Monday-Thursday 6:30-7:15pm

MLK, Jr. Pool

155 Jackson St. 29403 (843) 724-7346

Youth & Adult Healthy Lifestyle 5K/Jamboree

May 14, 2016 8:00am-2:00pm

The 5K begins at Hampton Park at 8:30am. All participants receive a t-shirt upon registration. Adults are \$30 and youth are \$15. There will be a post-race jamboree at Arthur W. Christopher Community Center to learn about healthy lifestyle habits, nutrition, and cooking demonstrations. Call Lorna Beck at (843) 557-6258 for more information!

