










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

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>May 7th</b> Mom's Run 5k @ MUSC'S Health Stadium 7:00 A.M.</p> 	<p><b>May 9th</b> 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><b>May 10th</b> Walk in Hampton Park Corner of Mary Murray and Cleveland St. 6:30 P.M.</p> 	<p><b>May 11th</b> 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><b>May 12th</b> Walk in John's Island Meet @ Our Lady of Mercy's Parking lot 1684 Brownswood Rd. 12:00 P.M.</p> 	<p><b>May 13th</b> 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><b>May 14th</b> 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><b>Sunday</b></p> <p><b>May 8th</b> 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](http://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
<b>Pilates (HPP)</b> 9:00-9:50am \$10/class <b>Zumba Gold (BLRC)</b> 9:30-10:30am \$5/class <b>Zumba Gold (SJDCC)</b> 11:00am-12:00pm \$5/class <b>Raising the Barre (HPP)</b> 4:15-5:15pm \$8/class <b>Zumba Gold (AWCCC)</b> 5:00-6:00pm \$5/class <b>Raising the Barre (HPP)</b> 5:30-6:30pm \$8/class <b>Aerobics (JIRC)</b> 5:35-6:35pm \$5/class <b>Spin-Cinema (BLRC)</b> 6:00pm-end \$5/class <b>Tai Chi (AWCCC)</b> 6:00-7:00pm \$5/class <b>Zumba Fitness (BLRC)</b> 6:30-7:30pm \$5/class	<b>Aerobics (JIRC)</b> 9:00-10:00am \$5/class <b>Gentle Yoga (BLRC)</b> 9:00-10:00am \$5/class <b>Adult Fitness (AWCCC)</b> 10:30-11:30am \$5/class <b>Foundational Yoga (HPP)</b> 12:00-1:00pm \$12/class <b>Raising the Barre (AWCCC)</b> 4:15-5:15pm \$8/class <b>Raising the Barre (AWCCC)</b> 5:30-6:30pm \$8/class <b>Adult Fitness (AWCCC)</b> 5:30-6:30pm \$5/class <b>Yoga (JIRC)</b> 6:00-7:00pm \$5/class <b>Pilates (BLRC)</b> 6:30-7:30pm \$5/class <b>Zumba Toning (BLRC)</b> 6:30-7:30pm \$5/class <b>Capoeira (JIRC)</b> 6:30-8:00pm \$5/class <b>Zumba Fitness (JIRC)</b> 7:30-8:30pm \$5/class	<b>Pilates (HPP)</b> 9:00-9:50am \$10/class <b>Zumba Gold (BLRC)</b> 9:30-10:30am \$5/class <b>Zumba Gold (SJDCC)</b> 11:00am-12:00pm \$5/class <b>Raising the Barre (HPP)</b> 4:15-5:15pm \$8/class <b>Raising the Barre (HPP)</b> 5:30-6:30pm \$8/class <b>Aerobics (JIRC)</b> 5:35-6:35pm \$5/class <b>Capoeira (AWCCC)</b> 6:00-7:00pm \$10/class <b>Kripalu Yoga (BLRC)</b> 6:30-7:30pm \$5/class <b>Zumba Fitness (BLRC)</b> 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><b>Aerobics (JIRC)</b> 9:00-10:00am \$5/class</p> <p><b>Gentle Yoga (BLRC)</b> 9:00-10:00am \$5/class</p> <p><b>Foundational Yoga (HPP)</b> 12:00-1:00pm \$12/class</p> <p><b>Raising the Barre (AWCCC)</b> 4:15-5:15pm \$8/class</p> <p><b>Raising the Barre (AWCCC)</b> 5:30-6:30pm \$8/class</p> <p><b>Adult Fitness (AWCCC)</b> 5:30-6:30pm \$5/class</p> <p><b>Yoga (JIRC)</b> 5:45-6:45pm \$5/class</p> <p><b>Spin-Cinema (BLRC)</b> 6:00pm-end \$5/class</p> <p><b>Tai Chi (AWCCC)</b> 6:00-7:00pm \$5/class</p> <p><b>Karate (AWCCC)</b> 6:00-8:00pm \$35/month</p> <p><b>Zumba Combo (BLRC)</b> 6:30-7:30pm \$5/class</p> <p><b>Acroyoga (AWCCC)</b> 6:00-8:00pm \$35/month</p> <p><b>Zumba Fitness (JIRC)</b> 7:00-8:00pm \$5/class</p>	<p><b>Pilates (HPP)</b> 9:00-9:50am \$10/class</p> <p><b>Zumba Gold/Toning &amp; Stretch (BLRC)</b> 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><b>Zumba Fitness (BLRC)</b> 9:00-10:00am \$5/class</p> <p><b>Aerobics (JIRC)</b> 9:30-10:30am \$5/class</p> <p><b>Kripalu Yoga (BLRC)</b> 10:00-11:00am \$5/class</p> <p><b>Capoeira (JIRC)</b> 12:30-2:30pm \$5/class</p> <p><b>Tai Chi (AWCCC)</b> 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><a href="http://www.charleston-sc.gov/recreation">www.charleston-sc.gov/recreation</a></p> </div>

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



## 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!

