

Charles "Lind" Brown Recreation Center  
843-255-6797

Open M-F, 11am-7pm  
Sat, 8am-4pm




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To register, get prices, and see hours of operation

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at Charles "Lind" Brown Rec Center

# Tone It Thursdays



GET MORE INFORMATION HERE

Get ready to MOVE, STRENGTHEN & TONE with an energizing workout that's all about fun, motivation, and RESULTS!

- No extra cost - just the regular facility fee!
- Perfect for all fitness levels
- A dynamic workout to sculpt, strengthen & feel amazing!

Bring your energy, a positive mindset, and let's crush those fitness goals together! Who's in?

- Program Schedule - Thursdays at Charles "Lind" Rec Center
- 5:00 PM - 5:55 PM

Adult Aerobics • Adult Baseball • Adult Dance Classes • **Adult Fitness Classes** • Adult Soccer • Adult Basketball  
Adult Softball • Adult Water Aerobics • Adult Volleyball • Adult Kickball • Adult Swim Lessons • Adult Yoga Classes  
Adult Tennis Lessons • American Red Cross Lifeguard, CPR & First Aid, Water Safety Instructor Classes • Scuba Certification  
Weight Rooms • Room Rentals • Field, Court, Facility, Playground, and Pool Rentals • Indoor & Outdoor Basketball Courts  
Tennis Courts • Pickleball Courts • Youth Basketball • Youth Baseball • Youth Softball • Youth Flag Football • Youth Lacrosse  
Youth Soccer • Youth Martial Arts • Youth Cheerleading • Youth Tennis Lessons • Youth Summer Camps • Special Events  
Sponsorship Opportunities • Community Instructor Opportunities • Walking Paths and Tracks • Dog Parks • Skate Park  
Referee & Official Training Opportunities • Slip & Splash Inflatable Obstacle Courses • Ninja Courses • Swim Teams  
Indoor & Outdoor Pools • 60 & Better Senior Programs • Volunteer Coaching Opportunities • Employment Opportunities