

# Fairfield County Parks & Recreation Community Fitness Center



795 5<sup>th</sup> Street  
Winnsboro, SC 29180

# September

FITNESS SCHEDULE  
Phone #: 803-815-2046

GYM HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNINGS: 6 A.M. TO 10:00 A.M.			1 Head 2 Toe Cardio 5:15-5:50 p.m. & 6:00-6:35 p.m.	2 No Zumba until September 7	3 MORNING XPRESS ANYTIME 6 - 8 A.M.
EVENINGS: 12 NOON TO 8 P.M.	6 FITNESS CENTER CLOSED  LABOR DAY	7 MORNING XPRESS ANYTIME 6 - 8 A.M.  ZUMBA 7-8 PM	8 Head 2 Toe Cardio 5:15-5:50 p.m. & 6:00-6:35 p.m.	9  ZUMBA 7-8 PM	10 MORNING XPRESS ANYTIME 6 - 8 A.M.
	13 Head 2 Toe Cardio 5:15-5:50 p.m. & 6:00-6:35 p.m.	14 MORNING XPRESS ANYTIME 6 - 8 A.M.  ZUMBA 7-8 PM	15 Head 2 Toe Cardio 5:15-5:50 p.m. & 6:00-6:35 p.m.	16  ZUMBA 7-8 PM	17  MORNING XPRESS ANYTIME 6 - 8 A.M.
	20 Head 2 Toe Cardio 5:15-5:50 p.m. & 6:00-6:35 p.m.	21 MORNING XPRESS ANYTIME 6 - 8 A.M.  ZUMBA 7-8 PM	22 Head 2 Toe Cardio 5:15-5:50 p.m. & 6:00-6:35 p.m.	23  ZUMBA 7-8 PM	24  MORNING XPRESS ANYTIME 6 - 8 A.M.
	27 Head 2 Toe Cardio 5:15-5:50 p.m. & 6:00-6:35 p.m.	28 MORNING XPRESS ANYTIME 6 - 8 A.M.  ZUMBA 7-8 PM	29 Head 2 Toe Cardio 5:15-5:50 p.m. & 6:00-6:35 p.m.	30  ZUMBA 7-8 PM	FREE! FREE! FREE! XPRESS CLASSES FREE TO MEMBERS FOR AN EXTRA CARDIO BOOSTER

GYM ONLY: \$20

COMBO GYM/GROUP FIT \$30 per person – Family of 2 \$55

FAMILY OF 2 \$35/GYM

ONLYGROUP FIT CLASSES: \$20 A MONTH (Head to Toe Cardio)

ZUMBA \$20 A MONTH

**RECENTLY ADDED:** Crush your 2021 health and *fitness* goals with 30-minutes or less, Xpress Class designed to increase range of motion and muscular strength, using light weight or body weight non-impact exercises geared toward daily healthy living. **Xpress Cardio** is a group workout with stations for a full body workout! It is suitable for multi fitness levels with modifications for many skill levels. Functional training, balance, and technique are emphasized. Music and workout plans are given for your direction and instructions, allowing you to work out on your own at your own pace.