



ENRICHING LIVES
THROUGH PARKS,
RECREATION, AND
WELLNESS

YOUR MEMBERSHIP STARTS HERE!

New Member Welcome
Packet.

Facility Hours

Monday-Friday
5:00 am - 8:00 pm

Saturday
8:00 am - 5:00 pm

Sunday
1:00 pm - 6:00 pm

Aquatics Hours

Monday-Friday
5:00 am - 7:45 pm

Saturday
8:00 am - 4:45 pm

Sunday
1:00 pm - 5:45 pm

1642 Sam Rittenberg Blvd. Charleston, SC 29407

843-763-3850

customerservice@standrewsfitness.com

WWW.STANDREWSPARKS.INFO/ST-ANDREW-S-FAMILY-FITNESS-PLUS

ALL ABOUT YOUR MEMBERSHIP

WHAT'S INCLUDED IN YOUR MEMBERSHIP?

- Wide variety of cardio machines
- Spacious weight room
- Dry sauna
- Basketball + Racquetball courts
- Group Fitness Classes
- Aquatic Group Fitness Classes
- Indoor Pool
- 1 **FREE** Starting Point Coaching session to help you get started!

EXTRA PERKS!

- FIT Small Group Coaching
- Personal and Partner Coaching
- Nutrition Coaching
- Health and Fitness Workshops & Events
- Children's Programs
- Discounted Private & Group Swim Lessons
- Kids Klub (beings August 2023 after SAFFP Summer Camp ends)

MEMBERSHIP COST

Prices below are for a 6 month, standard contract, excluding the monthly plan

Single Membership	\$39.99/Monthly
Second Adult Membership	\$29.99/Monthly
Child Membership (under 18 years old)	\$9.99/Monthly
Family Membership	\$78.99/monthly, limited to two adults.
Single Membership, No Contract	\$49.99/Monthly**
Second Adult Membership, No Contract	\$39.99/Monthly**

****monthly memberships must be renewed monthly to stay active.**

6 and 12-month memberships require a one time \$49.99 facility fee auto-drafted from your account in June.

AGE REQUIREMENTS

15 Years and Older: Access to the whole center. Does not need adult supervision.

Between 13-14 Years Old: Access to the whole center, including classes and pool area, with adult supervision.

12 Years and Under: Not permitted in the fitness area or during scheduled group classes. Access to studios and pool with a participating adult at all times unless otherwise stated.

MEMBER CODE OF CONDUCT

St. Andrew's Family Fitness Plus! requires all teammates, members, and participants of the programs and services offered to behave in a safe, courteous, and professional manner at all times. Failure to comply may result in barring from this facility.

- Use of St. Andrew's Family Fitness Plus! (SAFFP) is a privilege. Anyone violating rules or posted policies, including verbal, and/or physical abuse of employee(s) or patron(s), criminal activity, disorderly conduct, or inappropriate behavior is subject to: immediate removal from the facility, Suspension of membership, and/or criminal action.
- To enter SAFFP, all members must scan their ID badge.
- Tobacco is not permitted inside the facility.
- Personal training is only conducted internally by our SAFFP Personal Trainers. External personal training is prohibited and is subject to immediate removal from our facility.
- Food and beverages are not permitted in inside the facility. The only exception is water in a closed container.
- No rosin powder (aka "grip powder" and/or "chalk"), wax, or any other substance which would alter the floor surface.
- No bicycles, rollerblades, skateboards, or pets (except service dogs).
- Modifications of equipment beyond the designed purpose are prohibited.
- Movement of any fitness equipment may only be conducted by teammates, instructors, or personal trainers.
- Injuries, accidents, or equipment failures are to be reported immediately to a teammate of SAFFP.
- Anyone requesting to take photographs or video in SAFFP must receive prior approval from the General Manager.
- SAFFP is not responsible for lost or stolen items.
- All group fitness and FIT sessions must be registered for ahead of time. Please visit **<https://tinyurl.com/groupfitnessclasses> to register for classes**, or call 843-763-3850.
- If you are more than 10 minutes late to a class or session, you may lose your spot to another client.
- Use precautions to avoid any contact with the mirrors.
- You are encouraged to bring a mat, bands, stretching straps, and other accessories to group fitness classes.



July 2023 Fitness & Wellness Workshops + Classes & FIT Program Schedule

ALL CLASSES ARE 45-55 MINUTES UNLESS OTHERWISE NOTED

Any class highlighted in gray signifies that it is part of our FIT Small Group Coaching Program and is an additional cost of \$15/monthly unlimited access.
Your first 30 days in the FIT program are FREE!

Morning and Afternoon Large and Small Group Fitness Classes & Sessions

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat./Sun.
8:30 am	Express Strength <i>Jody</i>		Express Strength <i>Jody</i>		Express Strength <i>Jody</i>	Yoga (Downstairs) <i>Cindy SAT.</i>
9:00 am	Vin Flow Yoga (Downstairs) <i>Mary G.</i> Zumba <i>Jody</i>	Zumba (Upstairs) <i>Stephanie</i>	Zumba <i>Jody</i>	Barre (Downstairs) <i>Mary R.</i>	Vin/Yin Flow Yoga (Downstairs) <i>Alisa</i> Zumba <i>Jody</i>	Dance Fitness (Upstairs) <i>Monique SAT.</i>
9:15 am	FIIT Endurance (Endurance Studio) <i>Kimberly</i> Starts July 10th	Flex & Stretch (Fit Area) <i>Kayla</i>	Functional Strength (Fit Area) <i>Kayla</i>		FIIT Box (Fit Area) <i>Mary G.</i>	
10:00 am	Pilates (Downstairs) <i>Mary R.</i>	Vin Yoga Special Pop Up (Downstairs, July 11th) <i>Precious</i>		Vin Yoga Special Pop Up (Upstairs, July 6th + 13th) <i>Precious</i>		
10:15 am	Foundation (Fit Area) <i>Mary G.</i>			Pilates (Downstairs) <i>Mary R.</i> Foundation (Fit Area) <i>Kayla</i>	Foundation (Fit Area) <i>Mary G.</i>	CoreFit (Upstairs) <i>Kristie SAT.</i>
11:15 am	Chair Yoga (Downstairs) <i>Alisa</i>					
11:30 am		Silver Strength (Downstairs) <i>Randall</i>		Silver Strength (Downstairs) <i>Randall</i>		



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Afternoon + Evening Classes and Sessions on Back!

Afternoon + Evening Large and Small Group Fitness Classes & Sessions

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat./Sun.
12:15 pm	Lunchtime Slow Burn Yoga Flow (Downstairs) <i>Alisa</i>					
5:30 pm	Zumba (Upstairs) <i>Melanie</i>	Zumba (Upstairs) <i>Melanie</i> ----- Cardio Barre (Downstairs) <i>Kristie</i>	Cardio Fitness (Upstairs) <i>Kristie</i>	Zumba (Upstairs) <i>Melanie</i> ----- Yoga Strength (Downstairs) <i>Mary G.</i>	Zumba (Upstairs) <i>Stephanie</i>	
5:45 pm	Total Conditioning (Endurance Studio) <i>Rachel</i>					
6:30 pm		Tae Kwon Do (Downstairs) 6:30-7:30 Youth + Adults 7:30-8:00 Adults Only <i>Rick</i> ----- FIIT Endurance (Endurance Studio) <i>Kayla</i>	Vin Flow Yoga (Upstairs) <i>Cindy</i>	Tae Kwon Do (Downstairs) 6:30-7:30 Youth + Adults 7:30-8:00 Adults Only <i>Khori</i> ----- Vin Flow Yoga (Upstairs) <i>Cindy</i>		

Class descriptions & RSVP online! www.standrewsfitness.com



July 2023 Aquatic Group Fitness Schedule

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
6:30 am		Deep Water Dynamics <i>Nancy</i>		Deep Water Dynamics <i>Nancy</i>		
8:30 am						
9:00 am		Aqua Strength <i>Cindy</i>	Aqua Zumba <i>Mary R.</i>		Aqua Strength <i>Cindy</i>	Rise & Shine <i>Marian</i>
9:15 am	Splash! Aqua Fitness <i>Amy</i>					
9:30 am			Aqua Yoga <i>Mary R.</i>			
10:00 am	Deep Water Dynamics <i>Amy</i>	Deep Water Intensity <i>Randall</i>	Deep Water Tone & Stretch <i>Randall</i>	Deep Water Intensity <i>Randall</i>		
10:15 am						Cardio Splash <i>Marian</i>
5:30 pm			Aqua Zumba <i>Melanie W.</i>			
6:30 pm	Full Body Aqua <i>Jennifaye</i>		Full Body Aqua <i>Jennifaye</i>			

CLASS DESCRIPTIONS

- **Aqua Strength:** Enjoy shallow water cardio and strength intervals during this total body workout!
- **Aqua Yoga:** Traditional yoga with the added assistance of water buoyancy! Traditional poses help you develop strength and static balance. You will also experience an increased range of motion with little to no impact on joints, especially knees, hips, and ankles. **No yoga experience is necessary.**
- **Aqua Zumba:** Combining the Zumba philosophy with vigorous aqua exercises, this is one pool party you don't want to miss! The water's resistance cushions your joints as you dance the class away! Classes are held in shallow water for a great, low-impact, and challenging workout.
- **Cardio Splash:** Use the resistance of the water to improve cardiovascular fitness, endurance, and flexibility. **Later weekend class time is perfect for our late risers!**
- **Deep Water Dynamics:** Deep water no impact, joint-friendly, endurance workout.
- **Deep Water Intensity:** Intense deep water cardio intervals boost your heart rate, energizing and invigorating you!
- **Deep Water Tone & Stretch:** Deep water, no impact, joint-friendly, endurance workout.
- **Full Body Aqua:** Full focus on flexibility, strengthening, cardio, and balance. Prepare to focus on fitness and fun in this well-rounded shallow water workout experience.
- **Rise & Shine:** Shake up your morning routine with this shallow water class! Total body workout that emphasizes strengthening.
- **Splash! Aqua Fitness:** Experience a fun and challenging aqua workout with a blend of cardio and strength exercises in a fantastic shallow water session. Prepare yourself to push your limits!

PERSONAL, PARTNER, & FIT SMALL GROUP COACHING + NUTRITION COACHING

Why Coaching and Not Training?

Wellness is so much more than eating healthy and exercising, which is why SAFFP has an elite team of Wellness Coaches that do more than just take you through the motions of an average training exercise plan.

We are mentors here to guide you through the health and wellness changes you seek. We consider your physical health, emotional well-being, nutrition, sleep habits, and screen time to create a well-rounded health and wellness plan that keeps you on the right track IN and OUT of our facility!

Get Started the Right Way

All new members receive complimentary wellness and/or nutrition consultations, known as Starting Point Sessions, which include:

- Detailed health, nutrition, and fitness history report
- Professional goal and habit planning
- Mobility assessment
- A free workout

Wellness and Nutrition Starting Point Sessions must be booked separately and in most cases, cannot occur consecutively.

Ready to Schedule?



**Scan the QR Code.
Fill out the questionnaire.
A member of our Fitness
Team will contact you!**