

# Leisure | and | Lifestyle Wellness mind body fitness



detox your body... destress your mind... rejuvenate your spirit  
with Charleston Harbor Resort & Marina's Holistic Wellness Classes!

## Activate your life... with SUN SCULPT

Fun, effective, *total-body* training for *any-body*... empowering like the *SUN*. Feel the endorphins explode inside as you get the best work out of your life in 30 minutes or less! Our revolutionary Integrated Functional Metabolic Exercise System uniquely blends strength, power, endurance, speed, core and intervals, burning the greatest amount of fat during and after exercising! This metabolic conditioning is the *only* exercise proven to activate the neuroendocrine response, increasing production of the Human Growth Hormone. HGH is your body's anti-aging secret weapon! Shed fat, sculpt muscle, reduce stress, increase energy, boost mental clarity and improve immune function with Sun Sculpt on our harbor front sanctuary. Ask one of our friendly staff members to schedule your class today. All ages! All fitness levels!

\*Private Wellness Consultations available\*

- MWF + Saturday and Sunday 9:30 am -10:15 am / \$10 per session
- Must register and fill out forms at least 30 minutes *before* class begins
- All forms are available at the front desk.
- Bring a towel, water, completed forms and meet on the pier 10 minutes prior to class start time.