

# Wellness Classes



**Sunday  
8:30am**

**Monday  
7:00pm**

**Thursday  
9:30am**



## Beach Yoga

**Get your stretch on and your stress out!**  
**Beach at Harborside Hotel**



## Aqua Barre

**Tuesday 12:00pm**

### Pop Up Classes

**August 4th 11am**

**August 16th 4:30pm**

**Beach Club Cabana Pool**

**\* All Classes are Donation Based**

**\* Towels are Provided**

**\* Parking Validated**

## Charleston Harbor Resort & Marina

20 Patriots Point Road, Mt. Pleasant, SC 29464

Please email Amy Smith [asmith@charlestonharborresort.com](mailto:asmith@charlestonharborresort.com)

for more information and to sign up