

DIRC Fitness		January 2026				DIRC Fitness	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1/1	1/2		1/3
<u>Daniel Island Recreation Center</u> 160 Fairbanks Dr. Charleston, SC 29492 (843) 216-6366 www.charleston-sc.gov/recreation				Building Closed	Building Closed	9:00 am - 10:00 am Strong & Mobile 10:30 am - 11:30 am Yoga	
1/4	1/5	1/6	1/7	1/8	1/9		1/10
8:00 am - 2:00 pm Facility Open	9:00 am - 10:00 am Core Strength & Stability 10:30am-11:30am Senior Fitness	8:30 am - 9:30 am Yoga 10:00 am - 11:00 am Strength and Balance	10:30 am-11:30 am Senior Fitness	9:00 am - 10:00 am Yoga	10:30 am - 11:15 am Cardio Dance 11:30am-12:30am Senior Fitness	9:00 am - 10:00 am Strong & Mobile 10:30 am - 11:30 am Yoga	
1/11	1/12	1/13	1/14	1/15	1/16		1/17
8:00 am - 2:00 pm Facility Open	9:00 am - 10:00 am Core Strength & Stability 10:30am-11:30am Senior Fitness	8:30 am - 9:30 am Yoga 10:00 am - 11:00 am Strength and Balance	10:30 am-11:30 am Senior Fitness	9:00 am - 10:00 am Yoga	10:30 am - 11:15 am Cardio Dance 11:30am-12:30am Senior Fitness	9:00 am - 10:00 am Strong & Mobile 10:30 am - 11:30 am Yoga	
1/18	1/19	1/20	1/21	1/22	1/23		1/24
8:00 am - 2:00 pm Facility Open	Building Closed	8:30 am - 9:30 am Yoga	10:30 am-11:30 am Senior Fitness	9:00 am - 10:00 am Yoga	10:30 am - 11:15 am Cardio Dance 11:30am-12:30am Senior Fitness	9:00 am - 10:00 am Strong & Mobile 10:30 am - 11:30 am Yoga	
1/25	1/26	1/27	1/28	1/29	1/30		1/31
8:00 am - 2:00 pm Facility Open	10:30am-11:30am Senior Fitness	8:30 am - 9:30 am Yoga	10:30 am-11:30 am Senior Fitness	9:00 am - 10:00 am Yoga	10:30 am - 11:15 am Cardio Dance 11:30am-12:30am Senior Fitness	9:00 am - 10:00 am Strong & Mobile 10:30 am - 11:30 am Yoga	

marketing needs/requests this month						