

Isle of Palms Recreation Department

Programs, Athletics, & Special Events

#24 28th Avenue Isle of Palms, SC 29451

(843) 886-8294    www.isleofpalms.gov

AUGUST 2026

| MON                                                                                                                                                                                                                                                                                                                                                                                               | TUE                                                                                                                                                                                                                                                                                                                                 | WED                                                                                                                                                                                                                                                                                                                                                                          | THU                                                                                                                                                                                                                                                                                                   | FRI                                                                                                                                                                                                 | SAT                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><div>WEEK DAY OPEN GYM HOURS</div><div>Monday.....8am - 5pm</div><div>Tuesday.....8am - 9am &amp; 12pm - 5pm</div><div>Wednesday.....8am - 6pm</div><div>Thursday.....8am - 5pm (1/2ct 9am-12pm)</div><div>Friday.....8am - 4pm</div><div>The Isle of Palms Recreation Department reserves the right to close courts at other times to accommodate programming.</div></div>                  |                                                                                                                                                                                                                                                                                                                                     | <div><div>Pickleball<br/>Open Play</div><div>Tues, Thurs,<br/>Friday</div><div>8am - 11am</div><div>Wednesday</div><div>4pm - 6pm</div></div>                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                     | <div><div>1</div><div>9:00 TKD</div><div>10:00 Mahjong</div><div>Open Gym</div><div>18+ 7:00-9:00a</div><div>Open Play 12-2p</div></div>                                                           |
| <div><div>3</div><div>8:00 Suspension Training</div><div>8:30 Move It!</div><div>9:00 Volleyball Camp</div><div>9:15 Yoga</div><div>9:45 Tabata &amp; Battle Rope</div><div>10:00 Gather and Knit</div><div>10:30 Gymnastics Camp</div><div>10:45 Strength &amp; Stability</div><div>12:00 Mahjong</div><div>2:00 Active Seniors Yoga</div><div>5:30 Dog Obedience</div><div>6:30 TKD</div></div> | <div><div>4</div><div>7:30 Beach Yoga</div><div>8:30 RxFIT</div><div>8:30 Core &amp; More</div><div>9:00 Volleyball Camp</div><div>9:45 Deep Stretch Yoga</div><div>10:30 Gymnastics Camp</div><div>12:00 Mahjong Lessons</div><div>1:00 Senior Fitness</div><div>2:00 Over 60 Fitness</div><div>3:15 Trading Cards Lab</div></div> | <div><div>5</div><div>8:00 Suspension Training</div><div>8:00 Tabata &amp; Battle Rope</div><div>9:00 Volleyball Camp</div><div>9:15 Yoga</div><div>10:30 Gymnastics Camp</div><div>10:45 Strength &amp; Stability</div><div>12:00 Drums Alive</div><div>2:00 Yoga for Healthy Aging</div><div>3:15 Trading Cards Lab</div><div>6:00 Yin Yoga</div><div>6:30 TKD</div></div> | <div><div>6</div><div>8:30 RxFIT</div><div>8:30 Pilates</div><div>9:00 Volleyball Camp</div><div>9:45 Line Dancing INT</div><div>10:45 Line Dancing BEG</div><div>1:00 Senior Fitness</div><div>2:00 Over 60 Fitness</div><div>3:15 Trading Cards Lab</div></div>                                     | <div><div>7</div><div>8:00 Suspension Training</div><div>8:30 Strength Interval</div><div>9:15 Yoga</div><div>9:45 Stability &amp; Strength</div><div>3:00 Around the World Adventures</div></div>  | <div><div>8</div><div>8:30 RxFIT</div><div>9:00 TKD</div><div>10:00 Mahjong</div><div>8am Half Rubber Tournament</div><div>Open Gym</div><div>18+ 7:00-9:00a</div><div>Open Play 12-2p</div></div> |
| <div><div>10</div><div>8:00 Suspension Training</div><div>8:30 Move It!</div><div>9:15 Yoga</div><div>9:45 Tabata &amp; Battle Rope</div><div>10:00 Flower Power</div><div>10:00 Gather and Knit</div><div>10:45 Strength &amp; Stability</div><div>12:00 Mahjong</div><div>2:00 Active Seniors Yoga</div><div>3:00 Tiny Chefs</div><div>5:30 Dog Obedience</div><div>6:30 TKD</div></div>        | <div><div>11</div><div>7:30 Beach Yoga</div><div>8:30 RxFIT</div><div>8:30 Core &amp; More</div><div>9:00 Table Tennis</div><div>9:45 Deep Stretch Yoga</div><div>10:45 Zumba</div><div>12:00 Mahjong Lessons</div><div>1:00 Senior Fitness</div><div>2:00 Over 60 Fitness</div><div>3:15 New Animal Empire</div></div>             | <div><div>12</div><div>8:00 Suspension Training</div><div>8:00 Tabata &amp; Battle Rope</div><div>9:15 Yoga</div><div>10:45 Strength &amp; Stability</div><div>12:00 Drums Alive</div><div>2:00 Yoga for Healthy Aging</div><div>3:15 New Animal Empire</div><div>6:00 Yin Yoga</div><div>6:30 TKD</div></div>                                                               | <div><div>13</div><div>7:30 Sea Stroll &amp; Learn</div><div>8:30 RxFIT</div><div>8:30 Pilates</div><div>9:00 Table Tennis</div><div>9:45 Line Dancing INT</div><div>10:45 Line Dancing BEG</div><div>1:00 Senior Fitness</div><div>2:00 Over 60 Fitness</div><div>3:15 New Animal Empire</div></div> | <div><div>14</div><div>8:00 Suspension Training</div><div>8:30 Strength Interval</div><div>9:15 Yoga</div><div>9:45 Stability &amp; Strength</div><div>3:00 Around the World Adventures</div></div> | <div><div>15</div><div>8:30 RxFIT</div><div>9:00 TKD</div><div>9:00 Drums Alive</div><div>10:00 Mahjong</div><div>Open Gym</div><div>18+ 7:00-9:00a</div><div>Open Play 12-2p</div></div>          |
| <div><div>17</div><div>8:00 Suspension Training</div><div>8:30 Move It!</div><div>9:15 Yoga</div><div>9:45 Tabata &amp; Battle Rope</div><div>10:00 Gather and Knit</div><div>10:45 Strength &amp; Stability</div><div>12:00 Mahjong</div><div>2:00 Active Seniors Yoga</div><div>3:00 Tiny Chefs</div><div>5:30 Dog Obedience</div><div>6:30 TKD</div></div>                                     | <div><div>18</div><div>7:30 Beach Yoga</div><div>8:30 RxFIT</div><div>8:30 Core &amp; More</div><div>9:00 Table Tennis</div><div>9:45 Deep Stretch Yoga</div><div>10:00 AI Workshop</div><div>12:00 Mahjong Lessons</div><div>1:00 Senior Fitness</div><div>2:00 Over 60 Fitness</div></div>                                        | <div><div>19</div><div>8:00 Suspension Training</div><div>8:00 Tabata &amp; Battle Rope</div><div>9:15 Yoga</div><div>9:30 Zumba</div><div>10:45 Strength &amp; Stability</div><div>12:00 Drums Alive</div><div>2:00 Yoga for Healthy Aging</div><div>6:00 Yin Yoga</div><div>6:30 TKD</div></div>                                                                           | <div><div>20</div><div>8:30 RxFIT</div><div>8:30 Pilates</div><div>9:00 Table Tennis</div><div>9:45 Line Dancing INT</div><div>10:45 Line Dancing BEG</div><div>1:00 Senior Fitness</div><div>2:00 Over 60 Fitness</div><div>4:00 Farmers Market &amp; Food Truck Jam</div></div>                     | <div><div>21</div><div>8:00 Suspension Training</div><div>8:30 Strength Interval</div><div>9:15 Yoga</div><div>9:45 Stability &amp; Strength</div><div>3:00 Around the World Adventures</div></div> | <div><div>22</div><div>9:00 TKD</div><div>10:00 Mahjong</div><div>10:00 Marsh Paint-Along Workshop</div><div>Open Gym</div><div>18+ 7:00-9:00a</div><div>Open Play 12-2p</div></div>               |
| <div><div>24/31</div><div>8:00 Suspension Training</div><div>8:30 Move It!</div><div>9:15 Yoga</div><div>9:45 Tabata &amp; Battle Rope</div><div>10:00 Gather and Knit</div><div>10:45 Strength &amp; Stability</div><div>12:00 Mahjong</div><div>2:00 Active Seniors Yoga</div><div>3:00 Tiny Chefs</div><div>6:30 TKD</div></div>                                                               | <div><div>25</div><div>7:30 Beach Yoga</div><div>8:30 RxFIT</div><div>8:30 Core &amp; More</div><div>9:00 Table Tennis</div><div>9:45 Deep Stretch Yoga</div><div>12:00 Mahjong Lessons</div><div>1:00 Senior Fitness</div><div>2:00 Over 60 Fitness</div></div>                                                                    | <div><div>26</div><div>8:00 Suspension Training</div><div>8:00 Tabata &amp; Battle Rope</div><div>9:15 Yoga</div><div>9:30 Zumba</div><div>10:45 Strength &amp; Stability</div><div>12:00 Drums Alive</div><div>2:00 Yoga for Healthy Aging</div><div>6:00 Yin Yoga</div><div>6:30 TKD</div></div>                                                                           | <div><div>27</div><div>8:30 RxFIT</div><div>8:30 Pilates</div><div>9:00 Table Tennis</div><div>9:45 Line Dancing INT</div><div>10:45 Line Dancing BEG</div><div>1:00 Senior Fitness</div><div>2:00 Over 60 Fitness</div></div>                                                                        | <div><div>28</div><div>8:00 Suspension Training</div><div>8:30 Strength Interval</div><div>9:15 Yoga</div><div>9:45 Stability &amp; Strength</div><div>3:00 Around the World Adventures</div></div> | <div><div>29</div><div>9:00 TKD</div><div>10:00 Mahjong</div><div>Open Gym</div><div>18+ 7:00-9:00a</div><div>Open Play 12-2p</div></div>                                                          |