

SEA ISLAND FITNESS CLASSES JANUARY 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Cycle Circuit Power Hour		Wake Up Call		Row Fit		
8:00 a.m.	Straight Up Strength	Intermediate Yoga HIIT	Straight Up Strength	Intermediate Yoga Cycle Sculpt	Straight Up Strength	Intermediate Yoga	
8:30 a.m.	Aqua Fit	Shallow Water Aerobics	Aqua Fit	Shallow Water Aerobics	Aqua Fit		
9:00 a.m.	Cycle Circuit <i>60 min. cycle& strength combined followed by 30 min. stretch @10am</i> Pilates Reformer	Pilates Reformer	Pilates Reformer	Zumba* Pilates Fusion	Indoor Cycle Pilates Reformer	Indoor Cycle	
10:00 a.m.	Yoga Foundations	Mind, Body, Strength	Yoga Foundations	Pilates Mat Work	Yoga Foundations	Barre Class	
10:15 a.m.						Hard 'Core'	
11:00 a.m.	Pilates Fusion		Pilates Reformer		Mind, Body, Strength Pilates Reformer		
11:15 a.m.	Barre Class	Heated Yoga	Barre Class	Heated Yoga	Barre Class		
4:00 p.m.					Heated Yoga		R&R Yoga
5:30 p.m.	Mind Body Stretch		Mind Body Stretch Indoor Cycle				Cardio ■ Mind/Body ■ Strength ■

Facility Hours: Monday – Thursday 6:00 am – 8:00 pm, Friday & Saturday 6:00 am – 7:00 pm, Sunday 7:00 am – 7:00 pm

For your safety and well-being, please be on time to take full advantage of what each class has to offer. Classes are first-come first-served and you must register in person the day of the class. Classes are for guests ages 16 and up. Classes close 10 minutes after they commence. Hotel & Cottage guests are welcomed to attend fitness classes for \$20 per class. Please note some specialty classes have unique costs associated. Call, 912-634-4442 for more details.

Aqua Fit: *45 minutes.* Meet at *Beach Club Pool* for a challenging, low impact and fun deep water workout! Improves strength and endurance. (BC)

Barre Class: *55 minutes.* Fast paced barre and mat work blending Lotte Berk® Method and ballet moves. (YS)

Cycle Circuit: *55 minutes.* High intensity intervals on the bike combined with strength and core challenge off the bike. Some classes may conclude with an additional 30 minute stretch. (CS)

Cycle Sculpt: *60 minutes.* This class combines the best of everything: Cycling, strength, core and flexibility. A variety of equipment is utilized for a full body workout. (CS)

Hard 'Core': *45 minutes.* Core focused training blending cardio, strength and balance. (FS)

Heated Yoga: *60 minutes.* Detoxify, re-energize, and ignite the body in the heated surroundings of our Water Atrium. (WA)

HIIT: *55 minutes.* Push your heart rate to the max with this high intensity interval training (HIIT) class. Get a great cardio workout and take your fitness to the next level using a variety of exercise equipment. (FS)

Indoor Cycle: *45 minutes.* A cycle odyssey for all levels combining various tempos and intervals. Non-impact. (CS)

Intermediate Yoga: *90 minutes.* This challenging class builds endurance, strength and breath awareness. Yoga experience recommended. (YS)

Mind, Body, Strength: *55 minutes.* Incorporating elements of full body strengthening and mental relaxation; this class can be tailored to your desired intensity level and is great for all levels of fitness! (FS)

Mind, Body, Stretch: *45 minutes.* A great way to end the day and improve flexibility, breathing and relaxation. Perfect for golfers! (YS)

Pilates Mat Work: *45 minutes.* Muscle balance, core strength, and breathing to improve alignment, mobility and strength. (YS)

***Pilates Fusion:** *55 minutes.* \$40/ person. Using a variety of pilates equipment including the chair, reformer, tower and barrel, come and explore multiple ways to challenge your body. Prior experience required.(PS)

***Pilates Reformer:** *55 minutes.* \$40/ person. Using specialized Pilates equipment. The focus is on strengthening the core, joint mobility and stabilization, stretching and aligning the body. Prior experience required.(PS)

***Power Hour:** *60 minutes.* \$25 /person. A small class setting utilizing the entire Fitness Floor in a dynamic, full body circuit workout.(FS)

R & R Yoga: *90 minutes.* Restore and Relax with this gentle yoga practice designed for everyone. (YS)

Row Fit: *45 minutes.* Take your fitness to the next level with this dynamic interval class that uses, TRX, rowers, kettle bells, bars, stability balls and BOSU. (FS)

Shallow Water Aerobics: *45 minutes.* Join us at the *Fitness Center Pool* for low impact water workout. (FCP)

Straight Up Strength: *45 minutes.* A great free-weight workout that challenges the entire body. (FS)

Wake Up Call: *45 minutes.* Dynamic cardio and strength drills in a high intensity circuit format. (FS)

Yoga Foundations: *60 minutes.* For all levels of practitioners alike, this class focuses on the building blocks of a sound Vinyasa Yoga practice. (YS)

Zumba®: *50 minutes.* Latin based dance combining cardio moves with easy, repetitive dance steps done to fun motivating music. (FS)

Class Locations		
Upstairs		Downstairs
Fitness Studio= FS		Yoga Studio = YS
Cycle Studio= CS		Pilates Studio = PS
		Fitness Lobby = FL
Other		Fitness Center Pool = FCP
Beach Club = BC		Squash Courts = SQ
Rainbow Island = RI		Water Atrium = WA

* Fitness classes with asterisks require a reservation 24 hours in advance. Please call the Fitness Center at 912-634-4442.