

SEA ISLAND FITNESS CLASSES

MARCH 2018

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 Power Flow Yoga	Pilates Fusion	Indoor Cycle Pilates Reformer	Indoor Cycle Pilates Reformer	
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	Beginners Pilates Reformer	Pilates Reformer		Mind, Body, Strength Pilates Reformer	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)

***Beginner Pilates Reformer-** 55 minutes. \$40/ person. Learn proper technique, alignment and core control while building strength, stamina and repertoire to participate in more advanced classes. (PS)

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 Flow Yoga: 60 minutes. Challenge yourself in this Vinyasa power flow class. Stretch and strengthen your body, and cultivate balance in our heated water atrium (WA).

***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)

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

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