



Sea Island Fitness Class Schedule for Easter Week



March 26-April 1, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM			Wake Up Call		Row Fit		
8:00 AM	Straight Up Strength	Straight Up Strength	Straight Up Strength	Intermediate Yoga Outdoor HIIT Cycle Sculpt	Straight Up Strength Bunny Hop Fun Fun	Intermediate Yoga Outdoor HIIT	
8:30 AM	Aqua Fit	Aqua Fit	Aqua Fit	Shallow Water Aerobics	Aqua Fit	Easter 5k Run	
9:00 AM	HIIT	HIIT	Pilates Reformer Power Flow Yoga	Pilates Fusion	Pilates Reformer Indoor Cycle	Indoor Cycle Pilates Reformer TRX Circuit	
10:00 AM	Yoga Foundations	Yoga Foundations	Yoga Foundations RowFit	Pilates Mat Work HIIT	Yoga Foundations Indoor Cycle	Barre Class Indoor Cycle	
10:15 AM						Hard Core	
11:00 AM			Pilates Reformer	Pilates Reformer	Mind, Body, Strength Pilates Reformer	Pilates Reformer	
11:15 AM			Barre Class	Heated Yoga	Barre Class	Heated Yoga	
12:00 PM						Pilates Reformer	
4:00 PM					Heated Yoga Kids Fit		R & R Yoga
5:30 PM			Mind, Body, Stretch Indoor Cycle				

Facility Hours: Monday & Tuesday-Open for Classes Only. Wednesday-Thursday: 6:00 a.m.-8:00 p.m. Friday & Saturday: 6:00 a.m.-7:00 p.m. Sunday: 7:00 a.m.-7:00 p.m.

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 must register in person the day of the class. Classes close 10 minutes after they commence. Hotel & Cottage guests are welcomed to attend fitness classes for \$20 fee 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. (BCP)

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

Bunny Hop Fun Run: Hop down to the beach for a one-mile walk/run. Fun for the entire family! Prizes will be awarded. Meet at the Beach Club Lawn.

Cycle Circuit: 60 minutes. High intensity intervals on the bike combine with strength and core challenge off the bike. (CS)

Cycle Sculpt: 60 minutes. 30 minutes of cardio followed by 30 minutes of total body sculpting. (CS)

Easter 5k: Race begins and ends at the Beach Club. Check in at the Fitness Center the evening before or at the Beach Club the day of the race. Pre-registration: \$45/person; \$55/person day of race. Breakfast and T-shirts included.

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: 50 minutes. Push your heart rate to the max with this high intensity interval training(HIIT) class. (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)

***Kids Fit:** 50 minutes. \$20/person. Ages 7 and up. Bringing fun and fitness to children. A wide range of fitness activities geared to help children's developing bodies.

Mind, Body, Strength: 55 minutes. Improve your over all strength and core while working at your own pace and practicing full body awareness. (FS)

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

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

***Pilates Reformer Class:** 55 minutes. \$40 per person. All students perform Pilates exercise together. Prior experience and advance reservations 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. Prior experience required. (WA).

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

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).

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

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)

TRX Circuit: 55 minutes. Make your fitness regimen more interesting, challenging, and fulfilling using a wide variety of equipment including TRX, balls, bands, and bars.(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 Hatha Yoga practice. (YS)

Class Locations

Upstairs

Fitness Studio= FS

Cycle Studio= CS

Other

Beach Club Pool = BCP

Downstairs

Yoga Studio = YS

Water Atrium = WA

Pilates Studio = PS

Squash Courts = SQ

Fitness Lobby = FL

Fitness Center Pool =FCP