

SEA ISLAND FITNESS CLASSES

JULY 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Cycle Circuit K1 Conditioning		Wake Up Call		Synergy HIIT		
8:00 a.m.	Strictly Strength	Intermediate Yoga Synergy HIIT	Straight Up Circuit	Intermediate Yoga Cycle Sculpt Outdoor HIIT	TRX Circuit	Intermediate Yoga Outdoor HIIT	
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 Mixed Equipment K1 Conditioning	Indoor Cycle Pilates Reformer	Indoor Cycle Pilates Reformer	
10:00 a.m.	Multi-Level Yoga Pilates Cardio Jumpboard	Conditioning For Wellness Pilates Reformer Foam Roller Combo	Multi-Level Yoga Pilates Cardio Jumpboard	Pilates Mat Work Pilates Reformer Foam Roller Combo	Yoga Foundations Pilates Cardio Jumpboard	Barre Class Pilates Reformer Hard 'Core'@10:15am	
11:00 a.m.	Pilates Mixed Equipment	Beginner Pilates Reformer	Pilates Reformer	Beginner Pilates Reformer	Conditioning For Wellness Pilates Reformer	Pilates Reformer	
11:15 a.m.	Barre Class	Heated Yoga	Barre Class	Heated Yoga	Barre Class		
4:00 p.m.	Kids Fit				Heated Yoga Kids Fit		R&R Yoga
5:30 p.m.	Restorative Stretch		Restorative Stretch Indoor Cycle				Cardio ■ Mind/Body ■ Strength ■

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.

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

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)

Conditioning For Wellness: *55 minutes.* Incorporating elements of strengthening, cardio and mental relaxation; this class can be tailored to your desired intensity level and is great for all levels of fitness! (FS)

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)

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)

***K1 Conditioning:** *60 minutes.* \$25 /person. A small class setting utilizing the Kinesis One and many other exercise techniques, to perform a total body workout. (FS)

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

Multi-Level Yoga: *60 minutes.* Take the next step in your yoga practice and allow our Instructors to offer options to evolve poses beyond your basic pose. (YS)

Outdoor HIIT: *50 minutes.* A fast pace and fun full body calorie burner. This class unitizes the High Intensity Interval Training principle to ramp up your metabolism in a beautiful outdoor setting! (FL)

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

***Pilates Cardio Jumpboard:** *30 minutes.* \$30/ person. Combo class that uses reformers and jumpboards. This is a high energy class that will challenge you and your heart rate. Prior experience required. (PS)

***Pilates Mixed Equipment:** *55 minutes.* \$40/ person. Instructors choice class. A fun way to experience all of the equipment in the studio while receiving a total body workout. 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)

***Pilates Reformer Foam Roller Combo:** *55 minutes.* \$40/ person. Working with the reformer and foam roller, you will be able to complete a full body workout along with a restorative stretch and myofascial release. 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. Yoga experience recommended. (WA)

Restorative Stretch: *45 minutes.* A great way to end the day and improve flexibility, breathing and relaxation. (YS)

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 Circuit: *55 minutes.* A great free-weight workout that challenges the entire body in multiple circuit formats. (FS)

Strictly Strength: *55 minutes.* Using a multiple pieces of equipment, this class focuses on building the principles of strength. (FS)

Synergy HIIT: *45 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)

TRX Circuit: *55 minutes.* Make your fitness regimen more 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 Vinyasa Yoga practice. (YS)

Class Location		
Upstairs	Downstairs	
Fitness Studio= FS	Yoga Studio = YS	
Cycle Studio= CS	Pilates Studio = PS	
Other	Fitness Lobby = FL	
Beach Club = BC	Fitness Center Pool = FCP	
Rainbow Island = RI	Squash Courts = SQ	
	Water Atrium = WA	
* Fitness classes with asterisks require a reservation 24 hours in advance. Please call the Fitness Center at 912-634-4442.		