

SEA ISLAND FITNESS CLASSES

AUGUST 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	Indoor Cycle Pilates Reformer	Indoor Cycle Pilates Reformer	
10:00 a.m.	Multi-Level Yoga Reformer Cardio Mix	Conditioning For Wellness Pilates Reformer Foam Roller Combo	Multi-Level Yoga Reformer Cardio Mix	Pilates Mat Work Pilates Reformer Foam Roller Combo	Yoga Foundations Reformer Cardio Mix	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.					Heated Yoga		R&R Yoga
4:30 p.m.	Kids 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 Yoga:** *45 minutes.* \$20/child. Kids need yoga too! Come play, discover and explore yoga postures and breathing techniques. We will teach kids how to improve their posture,

balance, flexibility and strength while learning to release tension and relax. (YS)

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 Reformer Cardio Mix:** *55 minutes.* \$40/ person. Combo class that uses reformers and jumpboards. This is a high energy class that will challenge you and your heart rate. 30 minutes of work followed by a stretch. 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 Fitness Studio= FS Cycle Studio= CS	Downstairs Yoga Studio = YS Pilates Studio = PS Fitness Lobby = FL
Other Beach Club = BC Rainbow Island = RI	Fitness Center Pool = FCP 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.	