

## Sea Island Fitness Classes January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Cycle Circuit		Wake Up Call		Synergy HIIT		
8:00 a.m.	K1 Conditioning Strictly Strength	Intermediate Yoga  Synergy HIIT	Straight Up Circuit	Intermediate Yoga  Cycle Sculpt	TRX Circuit	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&amp; 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  Power Flow Yoga	Indoor Cycle	
10:00 a.m.	Multi-Level Yoga  Reformer Cardio Mix	Conditioning For Wellness	Multi-Level Yoga	Pilates Mat Work	Yoga Foundations  Conditioning For Wellness Reformer Cardio Mix	Barre Class  Pilates Reformer  Hard 'Core'@10:15	
11:00 a.m.	Pilates Mixed Equipment		Pilates Reformer		Pilates Reformer		
11:15 a.m.	Barre Class	Heated Yoga	Barre Class	Heated Yoga	Barre Class		
4:00 p.m.							R&R Yoga
5:30 p.m.	Restorative Stretch	Straight Up Circuit	Restorative Stretch				

Cardio ■  
 Mind/Body ■  
 Strength ■

**Facility Hours: Monday – Saturday 6:00am-7:00pm & Sunday 9:00am-5:00pm**

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.

Class Location	
<b>Upstairs</b>	<b>Downstairs</b>
Fitness Studio= FS	Yoga Studio = YS
Cycle Studio= CS	Pilates Studio = PS
	Fitness Lobby = FL
<b>Other</b>	Fitness Center Pool = FCP
Beach Club = BC	Squash Courts = SQ
Rainbow Island = RI	

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

**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)

**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)

**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)

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

**\*Pilates Mixed Equipment:** 55 minutes. \$40/ person. Instructor's 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 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)

**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:** 60 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 prac-