

Sea Island Fitness Classes March 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& 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	Core Foundations	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 – Thursday, 6:00am-8:00pm, Friday & Saturday, 6:00am—7:00pm & 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.

Class Location	
Upstairs	Downstairs
Fitness Studio= FS	Yoga Studio = YS
Cycle Studio= CS	Pilates Studio = PS
	Fitness Lobby = FL
Other	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)

Core Foundations: 50 minutes. Open to all levels. The foundation of fitness is core engagement. This core focused mat training will build strength in your abdominals and back. (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

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-